

# express

A PUBLICATION OF **The Washington Post** | PLAN YOUR NIGHT AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM) | OCTOBER 6, 2009 | >>**FREE**<<

## Tuesday



DARRON CUMMINGS/AP

A woman in Indianapolis gets the swine flu vaccine.

**First Shots:** Vaccinations against swine flu begin | **6**

**President Blair?** EU may tap ex-British PM for post | **12**

### Pole Play:

Tone up your body with the sexiest sport | **FIT**



### lookout

### Family Ties:

Rosanne Cash salutes her father with 'The List.' Plus, new Mountain Goats music.

>> **28-35**



## Dalai Lama in D.C. Amid White House Flap



MARVIN JOSEPH/TWP

**WELCOMED GUEST:** The Dalai Lama greets spectators outside the Park Hyatt in Georgetown on Monday. The White House postponed a meeting with Tibet's spiritual leader in an apparent nod to China. It's the first time since 1991 that the Dalai Lama will not visit the White House while in Washington.

## Afghanistan Pullout Ruled Out

Gates urges patience, privacy as Obama mulls war options

**WASHINGTON** | President Obama won't walk away from the flagging war in Afghanistan, the White House declared Monday as Obama faced tough decisions — and intense administration debate — over choices that could help define his presidency in his first year as commander in chief.

The fierce Taliban attack that killed eight American soldiers over the weekend added to the pressure. The assault overwhelmed a

remote U.S. outpost where American forces have been stretched thin, underscoring an appeal from Obama's top Afghanistan commander for as many as 40,000 additional forces — and at the same time reminding the nation of the costs of war.

Obama's defense secretary, Robert Gates, appealed for calm — and for time for the president to come to a decision. "It is important that we take our time to do all we can to

get this right," Gates said. "In this process, it is imperative that all of us taking part in these deliberations — civilians and military alike — provide our best advice to the president candidly but privately."

Obama may take weeks to decide whether to add more troops, but the idea of pulling out isn't on the table as a way to deal with a war nearing its ninth year, White House press secretary Robert Gibbs said. "I don't think we have the option to leave. That's quite clear," Gibbs said. (AP)



# eyeopeners

## PREEMPTIVE

## 'Take the Money And Run — Please'

Police said clerks at a Waterloo, Iowa, convenience store that was robbed twice in recent months threw money at a man in a case of a mistaken robbery. The clerks thought they were being robbed last Thursday when they were confronted by a man with his hand in his pocket. Police said the clerks put money in a bag and threw it at the man, who left it alone and walked out of the store. (AP)



## HMM

## There's a Message Here About Guns

An Groveport, Ohio, man is recovering from a week in which he was beaten during a home invasion and then shot while trying to learn about guns. Ralph Needs, 80, was pistol-whipped when intruders broke into his home Sept. 20. Four days later, Needs was shot in the hand during a self-defense lesson. A 9 mm pistol went off as one of his sons was loading it. (AP)



LUIS ROBAYO/AFP/GETTY IMAGES

## STUNTS

## Going Nowhere Fast

It was like a race with very little drama, speed or chance of injury: About 500 people pedaled together on Sunday in Cali, Colombia, to break the world record for the most people spinning at the same time. The previous record was 412 people. (EXPRESS)



## MARRIAGE

## To Haunt And to Hold

A Columbia Station, Ohio, couple have vowed to love each other at a Halloween-themed wedding. Jack Holsinger, 61, and Connie Spitznagel, 44, both dressed up as vampires for their Saturday night ceremony at a haunted house. Holsinger arrived in a coffin inside a hearse, and the coffin was carried to the altar by six pallbearers. The minister was costumed as Jason from the "Friday the 13th" movies. After the vows were exchanged, he ordered Holsinger to bite the bride's neck. (AP)

## ART

**"All art must be priced, and the price paid by victims of war is astronomical. So, my price tag should reflect this."**

— VAN THANH RUDD, AN AUSTRALIAN ARTIST WHO IS SELLING HIS WORK "USED CAR PART FROM AFGHANISTAN" FOR \$1.2 BILLION. IT CONTAINS A PIECE OF A CIVILIAN CAR DESTROYED BY A MISSILE.



**myeyeDr.**  
O.D.

1-866-MY EYE DOC

**EYEGLASS EXAM**  
**\$29**

Other Testing and Contact Lens Exam Additional

Offers not valid with any other coupons, discounts or vision plan benefits or offers. Coupon must be presented at time of purchase.

OFFER EXPIRES 10/31/09

We Welcome All Insurance Plans

Visit: [www.myeyedr.com](http://www.myeyedr.com)

to find a location near you  
LOCATIONS IN MARYLAND, VIRGINIA & DC

**\$99**  
CONTACT LENS PACKAGE

Includes eye exam, contact lens fitting and a 3 month supply of CooperVision Encore Premium disposable contact lenses and follow-up care. Does not include colored, toric, bifocal and daily wear contact lenses. Other spherical brands have additional fees. Offers not valid with any other coupons, discounts or vision plan benefits or offers. Coupon must be presented at time of purchase.

OFFER EXPIRES 10/31/09

**\$79**  
COMPLETE PAIR  
Of Prescription Eyeglasses

Selected Frames Apply With Single Vision CR39 Lenses.

All offers not valid with any other coupons, discounts or vision plan benefits or offers. Coupon must be presented at time of purchase.

OFFER EXPIRES 10/31/09

Licensed Doctors of Optometry • 1.866.my.eye.doc • [WWW.MYEYEDR.COM](http://WWW.MYEYEDR.COM)



# Drug May Block High Of Cocaine

Experimental vaccine may eventually help users kick the habit

CHICAGO | Vaccine-like shots to keep cocaine abusers from getting high also helped them fight

**38**  
The percentage of patients in the study who developed antibodies high enough to block the effects of cocaine.

The shots didn't work perfectly, but the researchers say their limited success is promising enough to suggest the intriguing vaccine approach could be used within several years.

"It is such an important study. It clearly demonstrates ... that it is possible to generate vaccine that could interfere with cocaine actions in the brain," said Dr. Nora Volkow, director of the National Institute on Drug Abuse.

The results come just days after that agency announced plans for the first late-stage study of a nicotine vaccine designed to help people quit smoking. LINDSEY TANNER (AP)

# Obama to Government: Go Green

President orders all agencies to set goals for cutting emissions

WASHINGTON | President Obama is putting the federal government on a greenhouse-gas diet.

In an executive order signed Monday, Obama directed all agencies to set the first-ever targets for reducing climate-altering pollution from government buildings, fleets and federal workers' commutes.

The agencies will have 90 days to tell the White House how much they plan to measure and reduce greenhouse gases from buildings and vehicles by 2020. Targets for employees' commutes and travel will be due June 2010.

"As the largest consumer of energy in the U.S. economy, the federal government can and should lead by example when it comes to creating innovative ways to reduce greenhouse gas emissions," Obama said in a statement.

The order also compels agencies to curb petroleum use, conserve water and curtail waste — extend-



PABLO MARTINEZ MONSIVAIS/AP

President Obama signed an executive order Monday directing all federal agencies to set goals for reducing greenhouse-gas emissions from buildings and vehicles.

**“**The federal government ... should lead by example when it comes to creating innovative ways to reduce greenhouse-gas emissions.

—PRESIDENT OBAMA

ing and expanding on an executive order issued by President George W. Bush in January 2007 that

became law earlier this year.

Bush's order, unlike Obama's, did not require agencies to set



**ART** **Michelangelo Crosses Over** A marble statue widely attributed to Michelangelo is being loaned to New York City's Metropolitan Museum of Art by the French government. The statue, known as "Young Archer," won't be traveling far for the exhibit; it's simply crossing Fifth Avenue from the cultural services office of the French Embassy. The statue is a bust of a young boy and was first acknowledged as an early work of Michelangelo's in 1997. The museum and embassy say it will go on display next month. (AP)

# Allergies?

## Autumn is here.

Autumn brings colors like your red irritated eyes, brings falling leaves plus falling pollen, and brings haystacks as well as hay fever. Our physicians have the latest medicines, testing and treatment plans to help you feel better quickly, safely and easily all without those painful scratch tests.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829

[MyAllergyCare.com](http://MyAllergyCare.com)

We participate with most health-plans

**Allergy Care Centers**  
Care for All Seasons

10% OFF

with this ad



- Most Insurance Accepted
- New Patients Welcome

FREE WHITENING For Life! align LUMINEERS BY CERINATE

**ROSSLYN**  
DENTAL CENTER  
**703-807-0808**  
1800 N. Kent St. #100  
Arlington, VA 22209  
[www.rosslyndentalcenter.com](http://www.rosslyndentalcenter.com)



**EYE STREET**  
DENTAL CENTER  
**202-223-3536**  
1712 Eye St. #812  
Washington, DC 20006  
[www.eyestreetdentalcenter.com](http://www.eyestreetdentalcenter.com)



**GEORGE MASON UNIVERSITY** The Volgenau School of Information Technology and Engineering

# TECH advance

Learn Grow Advance

## PROFESSIONAL DEVELOPMENT PROGRAMS

### INFORMATION TECHNOLOGY

MCSE Windows 2003	Oct. 13
Web Design and Developer	Oct. 17
Certified Ethical Hacker	Oct. 17
IT Foundations (A+/Network+/MCP/CCNA/Security+)	Oct. 24
Sun Certified Java Programmer	Oct. 28
Microsoft Certified Application Specialist	Nov. 2
Certified Hacking Forensic Investigator	Nov. 7
Oracle 11g Database Administration and more...	Dec. 7

### NEW MEDICAL TECHNOLOGY

Medical Office Administration	Oct. 26
Electronic Medical Records	Nov. 7
Medical Billing and Coding	Nov. 9

For complete outline and schedule,  
visit our website at [volgenau.gmu.edu/techadvance](http://volgenau.gmu.edu/techadvance)

Arlington, Herndon, and Loudoun

# Low Thyroid & Women

**Virginia Doctor Sounds The Alarm For All Women Taking Thyroid Hormones**

If you are a woman who has recently been prescribed thyroid hormones or have been taking thyroid hormones for years and still have the same thyroid symptoms, then you may be afflicted with a devastating disease process... that is going on inside your body right now... UNDIAGNOSED.

To receive a free report chronicling how women on thyroid medication are one by one being misdiagnosed and how this health care flaw is having devastating effects on women's health day after day, year after year, call toll free **1-800-762-4779** or visit [www.freewomensthroidreport.com](http://www.freewomensthroidreport.com) Yvonne Petrie D.C.

# Nation



Elizabeth Blackburn, right, is toasted on Monday in San Francisco. Blackburn was awarded a Nobel Prize in medicine Monday.

# U.S. Scientists Win Nobel

Researchers' work on cell aging may lead to cancer treatments

NEW YORK | Three Americans won the Nobel Prize in medicine on Monday for discovering how chromosomes protect themselves as cells divide, work that has inspired experimental cancer therapies and may offer insights into aging.

The research by Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak revealed the workings of chromosome features called telomeres, which play an important role in the aging of cells. It's the first time two women have shared in a single Nobel science prize.

Blackburn, 60, is a professor of

**“It's really very thrilling [to win a Nobel Prize]; it's something you can't expect.”**

—CAROL W. GREIDER  
JOHN HOPKINS UNIVERSITY

biology and physiology at the University of California, San Francisco. Greider, 48, is a professor in the department of molecular biology and genetics at Johns Hopkins University School of Medicine. Szostak, 56, is a professor of genetics at Harvard Medical School.

Their work, done in the 1970s and '80s, showed how features at the tips of chromosomes, telomeres,

can keep them from getting progressively shorter as cells divide. It's been compared to the way tips on the ends of shoelaces keep the laces from fraying.

Blackburn and Greider discovered an enzyme, telomerase, that maintains the lengths of the telomeres. Later research showed that telomerase is switched on in almost all cancers.

Greider said she was telephoned just before 5 a.m. with the news that she had won the prize.

“It's really very thrilling; it's something you can't expect,” she said.

The winners of the Nobel Prizes in physics, chemistry and literature, and the Nobel Peace Prize will be announced later this week.

MALCOLM RITTER (AP)



**PUBLISHING** **Here Gourmet, Gone Tomorrow** Gourmet, the nation's oldest food magazine, is being closed by Conde Nast Publications, the struggling magazine publisher announced on Monday. The publisher is also closing Modern Bride, Elegant Bride and Cookie, a parenting magazine. Gourmet, launched in 1941, is revered by many culinary aficionados. (AP)

**Repair Your Credit!**  
**VIRTUS**  
CREDIT SOLUTIONS  
[www.MayDayCredit.com](http://www.MayDayCredit.com)  
1 (866) 7MAYDAY

**1/20/09**  
Were you there?

Tell us your Inauguration story.  
**You could win \$500!**  
[www.masondixonpublishing.com](http://www.masondixonpublishing.com)  
deadline 11/30/09

# DURING COLUMBUS DAY WEEKEND, TRACKWORK WILL REQUIRE MAJOR CHANGES TO METRO SERVICE:

The Green Line WILL BE CLOSED between Navy Yard and Gallery Pl-Chinatown stations.

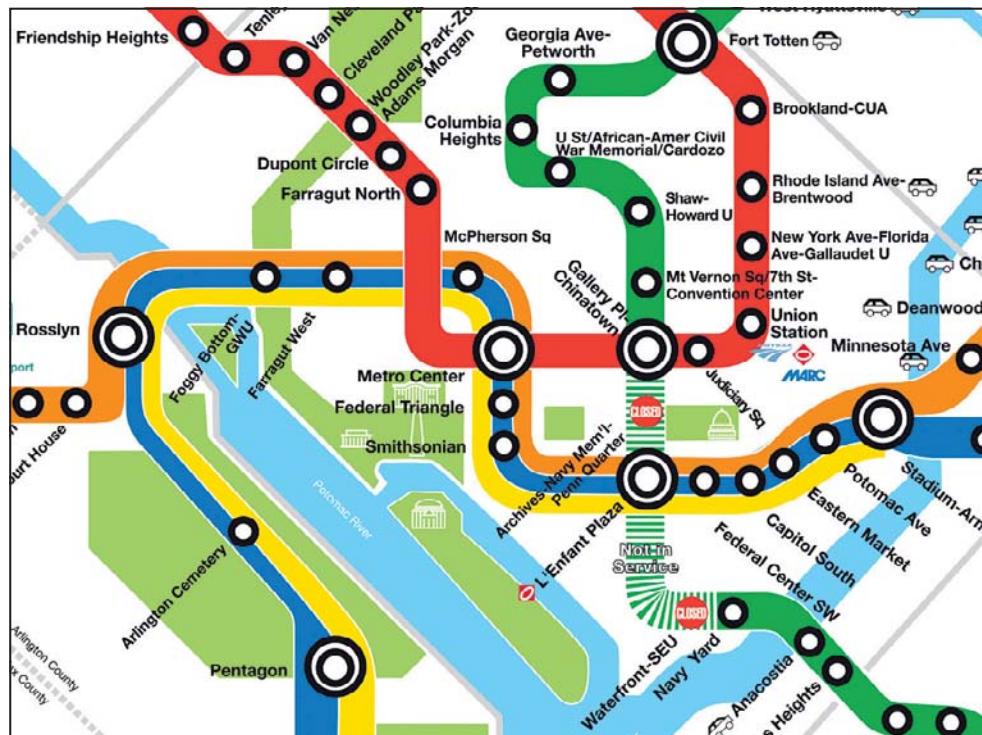
Waterfront-SEU station and Archives-Navy Mem'l-Penn Quarter station WILL BE CLOSED.

A portion of the Yellow Line WILL BE REROUTED.

Trains will follow the Blue Line route between Pentagon and Stadium-Armory stations.

Metro will perform important track maintenance over the Columbus Day weekend beginning Friday, October 9, at 10:30 p.m. through Monday, October 12. Normal Metrorail service will resume Tuesday, October 13 at 5 a.m.

- The Green Line will be closed between Navy Yard and Gallery Pl-Chinatown stations. Waterfront-SEU and Archives-Navy Mem'l-Penn Quarter stations will also be closed and there will be no Green Line service at L'Enfant Plaza station.
- Metro will run three free shuttle buses between Gallery Pl-Chinatown station and:
  1. Navy Yard station with stops at Archives-Navy Mem'l, L'Enfant Plaza and Waterfront stations.
  2. Navy Yard station with NO stops in between.
  3. Anacostia station with NO stops in between.
- In addition to this track maintenance work, Metro will reroute the Yellow Line from the Pentagon into D.C. Instead of crossing the bridge over the Potomac River, it will take the Blue Line route via Rosslyn and end at Stadium-Armory station. This will allow work crews to perform track maintenance and an annual safety inspection on the bridge.



This weekend, please remember that many downtown stations are close to other stations. Instead of waiting for a shuttle bus, look at the map and see if walking to a nearby station would be a better way to go.

Thank you for your patience and understanding as Metro crews perform this important maintenance. For more information, visit our Web site at [MetroOpensDoors.com](http://MetroOpensDoors.com).



Heifer International/Peru

Together we make a  
**GLOBAL  
 IMPACT**  
 Real Needs. Real Results.

Support Global Impact and our charities  
 in your workplace giving campaign.

- Doctors Without Borders
- Planned Parenthood
- Lutheran World Relief
- Salvation Army World Service Office
- Children International

Go to [www.charity.org](http://www.charity.org)  
 to learn about our charities

## Effect of Diet on Vascular Disease Risk



**Study recruiting healthy overweight black and white women for an investigation of the effect of the American diet on vascular disease risk.**

### Outpatient Study

- Healthy overweight black and white women
- Pre-menopausal
- Ages 18-49 years
- Meals provided for 7 days
- Blood draw and testing
- Compensation is provided

Please call 1-800-411-1222  
 Refer to study number 07-DK-0163  
<http://clinicaltrials.gov>

Department of Health and Human Services  
 National Institutes of Health  
 National Institute of Diabetes & Digestive & Kidney Diseases

## Nation



Health care workers receive the swine flu vaccine Monday at Wishard Memorial Hospital in Indianapolis. The group is among the first in the U.S. to receive the vaccine.

## H1N1 Vaccinations Begin in Ind., Tenn.

Unprecedented effort  
 launched to inoculate  
 the U.S. population

Doctors, nurses and other health care workers in Indiana and Tennessee were among the first Americans to receive doses of swine flu vaccine Monday as the federal government launched the most ambitious vaccination campaign in U.S. history.

Health care providers and emergency workers at Wishard Health Services and other hospitals in Indianapolis and at the Le Bonheur Children's Medical Center in Memphis received the Flu Mist nasal spray vaccine Monday.

The vaccinations mark the

beginning of a nationwide campaign to inoculate at least half the U.S. population — and perhaps the entire country — against the new H1N1 virus that has caused the first influenza pandemic in 41 years.

The federal government has spent \$2 billion to purchase about 250 million doses of vaccine and has pledged to buy enough to immunize every American if there is enough demand.

Being given top priority for the vaccine are those caring for babies younger than 6 months; health care workers; pregnant women; adults with health problems such as obesity, asthma and diabetes; and everyone 6 months to 24 years old.

ROB STEIN (THE WASHINGTON POST)

## Fla. Woman 'Filleted' by Raccoons

LAKELAND, FLA. | A 74-year-old who was "filleted" by raccoons when she tried to shoo them away from her central Florida home was hospitalized for more than two days, authorities said Monday.

Gretchen Whitted was in stable condition Monday, two days after she saw a family of raccoons near

her back patio. She said she tried to wave the animals away; a few minutes later, she spotted them at her front door and tried to run them off again. Then they attacked.

"We're not talking about a lot of little bites here," Polk County Sheriff Grady Judd said. "She was filleted." (AP)

# Our resident experts say it best.

 "Ross gives you the tools to pursue your dreams. It definitely wouldn't have happened without Ross."  
- Matthew Dashnaw, MD '09  
Neurosurgery Resident



"I am who I am today because of Ross University. I'm a doctor, I attained the residency I wanted, and I made friends for a lifetime."  
- Paola Portela, MD '07  
Pediatrics Resident



"Ross University was the only medical school I applied to. It has a great track record and I'm just one of thousands of success stories."  
- Armin Kamyab, MD '08  
Surgery Resident

- We place more graduates into U.S. residencies annually than any other medical school in the world
- All clinical rotations are completed in the U.S. at nearly 70 top teaching hospitals
- Students spend 16 months at our technologically advanced campus in Dominica
- Alumni network of over 7,000 successful physicians practicing in all 50 States including 370 in the D.C. Metro area

For details visit [RossU.edu](http://RossU.edu) or call 877-ROSS-EDU



**ROSS**  
**UNIVERSITY**  
EST. 1978

SCHOOL OF MEDICINE

## Whether it's canine, feline, equine or bovine, Ross vets are ready.

- We place more veterinarians into U.S. practices annually than any school in the world
- Clinical rotations completed at U.S. veterinary schools affiliated with Ross
- Rigorous, hands-on curriculum at our technologically advanced campus in St. Kitts
- Network of over 2,300 alumni practicing in all 50 States including 124 in the D.C. Metro area

For details visit [RossU.edu](http://RossU.edu) or call 877-ROSS-EDU



**ROSS**  
**UNIVERSITY**  
EST. 1978

SCHOOL OF MEDICINE

### Attend our Information Seminar

Saturday, Oct. 17, 2009 • Medical Seminar 2 pm • Veterinary Seminar 10 am  
The Westin Washington, D.C. City Center  
Register online at [RossU.edu](http://RossU.edu)

# World



An Afghan election worker carries a box of suspicious ballots on Monday.

## Afghans Begin Vote Recount

13 percent of polling stations considered potentially fraudulent

**KABUL** | Afghanistan edged closer to a long-awaited resolution to August's presidential vote Monday as election workers started recounting suspect ballots and an official said a ruling on whether President Hamid Karzai won or will face a runoff is expected next week.

The Aug. 20 election was hampered by violence and allegations of vote-rigging that have since plunged the country into an electoral crisis while Taliban militants are expanding from their southern strongholds into the north and west.

Preliminary results released last month showed Karzai won the voting with 54.6 percent, enough to avoid a runoff with second-place finisher Abdullah Abdullah, his former foreign minister. But the recount and audit ordered by a U.N.-backed fraud panel could cut Karzai's votes below the 50 percent needed to win outright.

About 13 percent of the country's approximately 26,300 polling stations are considered questionable by the fraud panel because they had more than 100 percent turnout or more than 95 percent of votes for one candidate.

A sampling of 358 ballot boxes is being examined as a way to speed the investigative process. (AP)

# Pakistan Suicide Blast Kills Five

Bomber disguised as guard attacks U.N. food agency's office

**ISLAMABAD** | A suicide bomber who killed five staffers at the U.N. food agency's headquarters in Pakistan on Monday was dressed as a security officer and allowed to enter the heavily guarded building after he asked to use the bathroom.

The United Nations announced it was temporarily closing all its offices in Pakistan after the noon-time bombing, which blew out windows and left victims lying in pools of blood in the lobby of the World Food Program compound.

"This is a heinous crime committed against those who have



A United Nations employee, left, sits outside his office after a suicide bomber killed five staff members inside the building on Monday in Islamabad, Pakistan.

been working tirelessly to assist the poor and vulnerable on the front lines of hunger and other human suffering in Pakistan," U.N. Secretary-General Ban Ki-moon said in Geneva.

Despite the office closures, the U.N. said its Pakistani partner organizations would continue distributing food, medicine and other humanitarian assistance. The world body said it would reassess the situation during the next several days.

Pakistani authorities launched an investigation into the major security lapse, saying they would question guards who failed to stop the bomber from carrying out the first suicide attack in Islamabad in four months. CHRIS BRUMMITT (AP)

## BRUSSELS | FARM-FRESH OUTRAGE



GEORGES GOBET/AFP/GTY IMAGES

**CHAOS OVER SPILLED MILK:** A farmer sprays milk from a cow on police during a protest at the European Union headquarters in Brussels, Belgium, Monday. Farmers drove hundreds of tractors and the cow to Brussels to rally against falling milk prices. The farmers' top demand — limiting production through quotas to drive up prices — met with no success.

## Popular German Magazine Bans Rail-Thin Models

**BERLIN** | Germany's most popular women's magazine announced Monday that it is banning professional models from its pages in favor of "real women" in an attempt to combat an unhealthy standard of rail-thin beauty that it says has isolated its readers.

The editor in chief of Germany's bimonthly Brigitte told reporters that, starting next year, the magazine will feature a mix of prominent women and regular readers in photo spreads for everything from beauty to fashion.

Andreas Lebert said the move is a response to readers increasingly saying that they are tired of seeing "protruding bones" from models who weigh far less than the average woman. (AP)



**RELIGION Shrouded in Controversy** Scientists have reproduced the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — and say the experiment proves the relic was man-made, a group of Italian debunkers claimed Monday. The shroud bears the figure of a crucified man, and believers say Christ's image was recorded on the linen fibers at the time of his resurrection. Scientists reproduced the shroud using 14th-century materials and methods. The group said it was evidence the shroud was a piece of medieval forgery. (AP)

# [The Finalists]



Food • Brunch • Art • Meals Under \$20 • Sushi • Gym • Happy Hour • **Museum** • Ice Cream • Biking Trail • Steakhouse • Film Festival • Take Your Partner • Artist • Bakery • Indie Shoe Store • Vegetarian Food • Dance Club • Wine List • Singles Bar • Gallery • Place to Hang Out • Someone You Date • Under • Street Food • Venue • People Watching Spot • Camping Spot • Seafood • Gallery • Cupcakes • Comfort Food

## Best Museum

Hirshhorn

National Building Museum

National Portrait Gallery

National Gallery of Art

Newseum

The Walters Art Museum



## Vote Now

for **Best of Express** in this and over 100 other categories.

**October 5 – October 16**  
at [expressnightout.com/bestof](http://expressnightout.com/bestof)

**GREAT RATES.  
PERSONAL SERVICE.  
NO EXTRA CHARGE.**

Kevin Gallagher, Agent  
Bus: 703-525-9500 Fax: 703-525-3427  
[www.bowtieguy.net](http://www.bowtieguy.net)



State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company  
P040203 Bloomington, IL • [statefarm.com](http://statefarm.com) 05/05

 **Park your browser here.**

Concerts, movies, events,  
restaurants and more.

  
[expressnightout.com](http://expressnightout.com)

Look for site highlights  
in today's Express.

XX172 4x2

# metrobus



## Metrobus is making some big changes.

It starts with a new level of commitment and responsibility to you. For those who work under the hood, that means that no Metrobus leaves the garage until it is running right. This dedication to safety ultimately leads to Metrobus service that is more reliable than ever.



Aloysius Glover  
Metrobus Mechanic

**The new Metrobus.  
See how far we've come.**



Information Anytime 202-637-7000  
TTY 202-638-3780

# Honduras Lifts Emergency Order

Interim government pledges to restore civil liberties after crisis

TEGUCIGALPA, HONDURAS | The interim Honduran government on Monday revoked an emergency decree that prohibited large street protests and limited other civil liberties after the return of ousted Honduran President Manuel Zelaya.

The decree, which resulted in dozens of arrests and the closing of two pro-Zelaya media outlets, "has been completely revoked," Interim President Roberto Micheletti said at a news conference with U.S. Rep.



A supporter of ousted Honduran President Manuel Zelaya shouts at police at a protest in Tegucigalpa on Monday. The interim government lifted an emergency decree.

Ileana Ros-Lehtinen, R-Fla.

Micheletti did not say whether the lifting of the decree would take effect immediately. He had said in

**The main effect of the emergency decree was to close down the two main pro-Zelaya media outlets.**

a morning TV interview it would be formally repealed on Tuesday.

Honduras' interim leaders issued the emergency order Sept. 27 in response to "calls for

insurrection" by Zelaya as the ousted president sought refuge in the Brazilian Embassy after sneaking back into the country. He remains holed up in the embassy with dozens of supporters amid international diplomatic efforts to end the crisis.

The decree empowered police and soldiers to break up public meetings, arrest people without warrants and restrict the news media, with armed troops stationed throughout the capital to enforce the order.

It drew criticism even from judges and congressional leaders who have backed Zelaya's ouster. Many complained it would disrupt campaigning for the November presidential election they hope will resolve the country's crisis.

BEN FOX (AP)

## Belly Fat?

Find out how to get rid of it!



FREE Analysis

703-354-7336

DrBergWorkshop.com

## Barry Richards

In person! 

SCREENING CLASSIC LIVE PERFORMANCES FROM HIS TV SHOWS:

## TURN On & ROCK SHOW

PSYCHEDELIC LIGHT SHOW BY YORKTOWN POWER & LIGHT CO.

THURS., OCT. 8<sup>th</sup> • 9:30PM  
AFI SILVER THEATRE  
8633 COLESVILLE RD.  
SILVER SPRING, MD  
Advance tickets available at: [barryrichardsshow.com](http://barryrichardsshow.com)

# Love your neighbor. It really is that simple.



We are all struggling—but some will not recover without a hand up. Catholic Charities is there every day, doors open and arms out. We help people stay in their homes, find employment, gain access to health care and so much more. Last year, more than 124,000 people benefitted from our services. All of this is possible only with your support.

Combined Federal Campaign #83997

United Way #8054

Get Monday—Saturday of *The Post* FREE when you buy 26 Sundays for only \$1.50 a week!

To subscribe, call toll-free:  
**1-888-562-0090, Ext. 11**  
or visit [wpsubscribe.com/wedeliver2](http://wpsubscribe.com/wedeliver2)



Catholic Charities  
Archdiocese of Washington

924 G Street NW, Washington, DC 20001 (202) 772-4331 [www.CatholicCharitiesDC.org](http://www.CatholicCharitiesDC.org)

**The Washington Post**  
If you don't get it, you don't get it.

Offer expires 11/2/09. Available to new subscribers only.  
Restrictions may apply.  
26RP RPNS XPS339 1x7

**WE DELIVER**  
NEWS / SPORTS / METRO /  
HEALTH / FOOD / WEEKEND



# World

## Blair Is Eyed for Top EU Position

Former British PM could be appointed European president

LONDON | President Tony Blair? Don't laugh; it could happen.

The former British prime minister may be coming back, this time in a presidential role. Two years after leaving Downing Street, Blair has emerged as a strong candidate for the soon-to-be-created post of European president.

The role — in effect, the president of the European Union — will be appointed by the heads of state of the 27-nation bloc after a new EU reform treaty is signed and



RICK GERSHON/GETTY IMAGES

Ex-British prime minister Tony Blair could become the new EU president.

ratified. That process received a major boost this weekend with approval from Irish voters.

The powers of the new position are unspecified. But there are already signs that Blair, 56, is

### BLAIR'S COMPETITION

Other prospective presidential candidates are also being considered for the top job in the EU, including

→ Outgoing German Foreign Minister

**FRANK-WALTER STEINMEIER**, right.



→ Dutch Prime Minister **JAN PETER BALKENENDE**, right.



→ The new president will be chosen during private conversations among the leaders of the 27 EU nations without public review.

receiving strong consideration, and he has the formal support of British leaders despite the rivalry between Blair and Prime Minister Gordon Brown.

Robert Worcester, chairman of the Ipsos MORI polling firm in England, said Blair's unannounced candidacy will be helped by his popularity in the U.S. and in continental Europe even though his standing at home is low. "At home, he hasn't been forgiven for his support of the war in Iraq, for his saying there were weapons of mass destruction," Worcester said.

The position could be created as early as this month; EU officials have given no date. GREGORY KATZ (AP)

## Report: Egyptian Cleric Bans Face Veils in Schools

CAIRO | An Egyptian daily newspaper reports that the country's top Muslim cleric is planning to ban female students from wearing the face veil in schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

The independent daily Al-Masry Al-Youm said Monday that Sheik Mohammed Sayyed Tantawi would soon order the ban implemented in all of al-Azhar's institutions.

A security official also said they had verbal orders to prevent students wearing the veil, known as the niqab, from entering al-Azhar schools for security reasons. (AP)

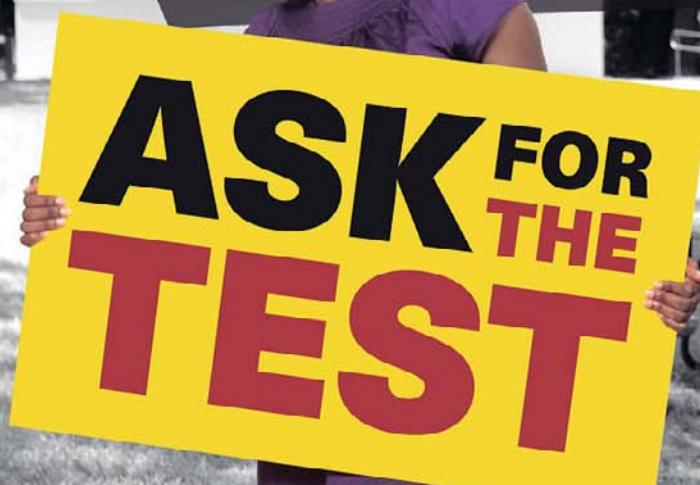
## When I visit my doctor, I Ask For The Test.

It's not just for me. It's because my fiancé and I have a bright future ahead of us.

To find out more about getting an HIV test, visit your doctor.

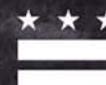
You can also call 311,

go to [www.DCTakesOnHIV.com](http://www.DCTakesOnHIV.com), or text "DCTEST" to 365247.



Elissa and Jamil on a picnic in Fort DuPont Park.

**DCTAKES ON HIV**



Government of the  
District of Columbia  
Adrian M. Fenty, Mayor

GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**DOH**  
DEPARTMENT OF HEALTH  
Promote. Prevent. Protect.

# D.C. Students Rally for Teachers

200 teens skip class to march on schools HQ to protest layoffs

About 200 D.C. high school students skipped classes Monday morning to march on the office of Chancellor Michelle Rhee and protest last week's teacher layoffs.

The protest — which began at McKinley Technology High School, one of the hardest hit — came amid lingering questions about how Rhee determined which teachers to lay off and which schools were targeted. The cuts, part of an effort to close a \$40 million budget gap, resulted in 388 school employees' losing their jobs; 229 were teachers.

D.C. Council member Harry Thomas Jr., D-Ward 5, said he would introduce a resolution Tuesday supporting the student



McKinley Tech students Miranta Clark, 17, front, and Brianetta Norris, right, protest Monday outside D.C. school headquarters in response to a wave of teacher layoffs.

protesters, and he vowed careful questioning of school officials at a council oversight meeting this month.

"The numbers don't add up," Thomas said as he joined the protest, which included some of the laid-off teachers.

The rally started at McKinley, in Northeast Washington, amid a heavy police presence, and proceeded toward Rhee's office on North Capitol Street.

A skirmish among students, parents and police at McKinley on Friday — hours after the layoffs were announced — led to two arrests.

The demonstrators, who also included union officials and clergy, marched down McKinley's back entrance and up North Capitol to the school system's headquarters.

At about 10:20 a.m., they sat down on the steps of the plaza and demanded that Rhee come out and talk to them.

Protesters criticized Rhee for what they called an opaque layoff process. Principals were instructed not to give teachers reasons for their dismissals.

BILL TURKE (THE WASHINGTON POST)



**VIRGINIA Governor's Race Stays Classy** A co-founder of Black Entertainment Television mocked Democrat Creigh Deeds' occasional stuttering at a fundraiser she held for Deeds' Republican opponent in the governor's race, Bob McDonnell. In a YouTube video, Sheila Johnson tells a crowd of wealthy donors, "The other people I talk to, especially his op-op-op-o-opponent, di-di-did this all through my interview with him." She added that Virginia needs a governor "who can really communicate." Johnson later apologized for the statement. (AP)

## Slots Firm Expands Proposal

Md. company revises plan, increases bid to have 1,500 machines

Penn National Gaming has formally expanded its proposal for a slots parlor in Cecil County to include 1,500 machines, up from the 500 the company initially proposed.

Eric Schippers, a Penn National vice president, said the company submitted its revised plans and an additional \$6 million licensing fee to a state commission Friday.

The commission could award a license to Penn National by the end of the month. If so, Schippers said, the casino could open by late next year.

The two largest proposed slots sites — 4,750 machines in Anne Arundel County and 3,750 machines in Baltimore — face additional obstacles that push state approval further away.

JOHN WAGNER (THE WASHINGTON POST)

**MEGA MILLIONS**  
DRAWINGS TUESDAY AND FRIDAY

**\$122 MILLION**  
Estimated Annuitized Jackpot

Play at  
your favorite  
Maryland or Virginia  
Lottery retailer.

Top Prize Chances: 1 in 176 Million  
[www.mdlottery.com](http://www.mdlottery.com) • [www.valottery.com](http://www.valottery.com)

## ALCOHOLISM RUINS LIVES...

...and not just the alcoholic's. If you or someone you know needs help, here's an option: The National Institute on Alcohol Abuse and Alcoholism conducts research studies into alcohol and its effects. Qualified subjects who participate in research will receive in-patient treatment at no charge. For information, please call

**301-496-1993**  
Deaf or hard of hearing?  
Use your state relay service to call.

**NIAAA**  
National Institutes of Health  
Dept. of Health & Human Services

# Do you have Diabetes and take insulin?

You may qualify for a research study of an investigational insulin.

We are looking for men and women, 18 years and older, who have been taking insulin for at least 1 year.

Qualified participants will receive at no cost:

- Study-related physical exams
- Study-related laboratory tests
- Study medication
- Compensation for time and travel

**For more information please call  
Laura Want at 202-787-5373.**

MedStar Clinical Research Center on Capitol Hill is conveniently located near the Eastern Market Metro.

## BOTOX \$199

Guaranteed Results

### Laser Hair Removal Upper Lip/Chin \$45

Restylane \$350

Threadlift

Radiesse & Sculptura

All procedures performed  
by a Physician

202.452.1332

24th and I St.,

Foggy Bottom Metro

703.533.1025

Tyson's Corner

703.465.0666

Alexandria

301.738.6766

Bethesda

410.730.7226

Columbia/Baltimore

FALL  
SPECIAL  
ENDS  
SOON!

vita  
SURGICAL GROUP

[www.vitalsurgical.com](http://www.vitalsurgical.com)

## \$299/Eye Any Prescription Lasik!

### CUSTOMIZED LASIK\*

20/20 Guaranteed or Money Back\*

- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hours Available
- 0 Down 0 Interest 100% financing
- Guaranteed Financing\*
- Return to Work Next Day
- Insurance

### DC EYE SURGEONS

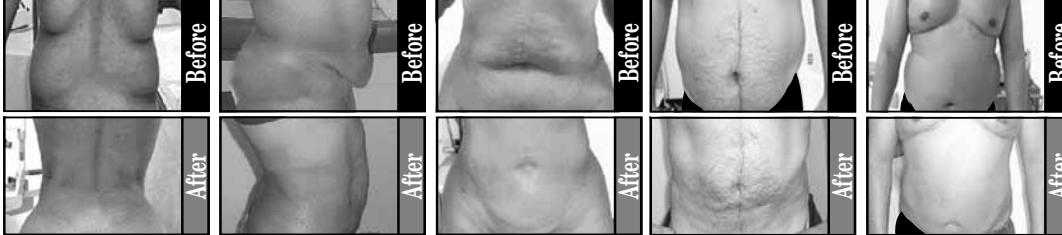
202.464.5216 • 24th and I St., Foggy Bottom Metro  
301.738.0339 • BETHESEA  
703.533.0025 • TYSON'S CORNER  
703.465.0090 • ALEXANDRIA  
410.730.2215 • COLUMBIA/BALTIMORE  
[www.anyrlasik.com](http://www.anyrlasik.com)

## DC EYE SURGEONS

## LIPOSUCTION

*Unwanted Fat Removed Permanently!*

0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Liposuction for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

202.452.1332 24th & I St., NW (Foggy Bottom Metro)

703.533.1025 Tyson's Corner

703.465.0666 Alexandria

301.738.6766 Bethesda

410.730.7226 Columbia/Baltimore

Gift Certificates

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

**Adapt you.** "Personal Tech" can give you cool and useful tools. **Mondays.**

**express**

A publication of The Washington Post XX170 3x5

# Local



COURTESY OF PRINCE GEORGE'S COUNTY FIRE/EMS  
A Prince George's County firefighter works at the scene where a minivan crashed into the Carrollton East Apartment Complex on Good Luck Road in Lanham, Md.

## A Driving Lesson Gone Awry in Md.

Resident is injured after van crashes into Lanham apartment

A man whose friend was teaching him how to drive crashed a minivan into a Lanham-area apartment Monday, injuring the resident who was sitting inside, authorities said.

The crash occurred just after 10 a.m. at a three-story garden-style apartment building in the 9700 block of Good Luck Road, authorities said. A 46-year-old man sitting inside his apartment was hit with flying debris and hos-

pitalized for a leg injury that was not life-threatening, according to authorities, and the two men in the van were not injured.

Authorities said nearly all of the van ended up in the man's bedroom. When the dust settled, only its rear wheels remained outside.

Police said the van's driver appeared to be in the country illegally; both men were of African descent. The driver was charged with reckless endangerment and driving without a license, police said, and his friend was charged with reckless endangerment. MATT ZAPOTOSKY (THE WASHINGTON POST)

## The Lotteries

Monday, Oct. 5

### DISTRICT

Mid-day Lucky Numbers **5-6-2**

Evening Lucky Numbers (Sun.) **3-4-9**

Mid-day DC 4 **2-9-3-5**

Evening DC 4 (Sun.) **2-1-6-2**

Mid-day D.C. Five **2-5-8-5-4**

Evening D.C. Five (Sun.) **8-7-8-1-8**

Daily 6 (Sun.) **10-12-15-24-27-32 (37)**

### MARYLAND

Mid-day Pick 3

**3-9-5**

Evening Pick 3 (Sun.)

**9-3-6**

Mid-day Pick 4

**6-5-4-1**

Evening Pick 4 (Sun.)

**9-3-1-8**

Match 5 (Sun.)

**3-19-21-37-38 (34)**

### VIRGINIA

Mid-day Pick 3

**7-9-6**

Evening Pick 3 (Sun.)

**5-5-0**

Mid-day Pick 4

**0-3-5-9**

Evening Pick 4 (Sun.)

**0-7-2-6**

Mid-day Cash 5 (Sun.)

**9-14-23-28-30**

Evening Cash 5 (Sun.)

**18-22-26-29-30**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

# Four-Down Territory for Zorn

Redskins coach looks for improvement in season's next quarter

**REDSKINS** | The enormity of the NFL season can be tough to swallow at times, so Redskins coach Jim Zorn prefers to divide the 16-game schedule into quarters. The four-game chunks are easier for coaches, players and fans to digest.

On Monday, the day after the Redskins beat the Tampa Bay Buccaneers 16-13 and evened their record at 2-2, Zorn used broad strokes to evaluate his goals for the next four-game stretch of the season: "We must get better offensively all-around; in our blocking, continuing to get open and continuing to be disciplined on offense," Zorn said. "That needs to continue to improve."

While the Redskins prepare for Sunday's meeting at the Carolina Panthers — their fifth opponent in a row that enters the game winless — Washington begins the next portion of its schedule fortunate to be at .500 and eager to improve on its performances thus far.

The Redskins' two wins came against teams that are a combined 0-8 and losing by an average of 17 points per game. The Redskins' next two opponents — the Panthers and Kansas City Chiefs — are a combined 0-7 and are losing by an average of 14 points per game.

Players hope the soft schedule the next couple weeks allows the



Head coach Jim Zorn gets a hug from fullback Mike Sellers after Sunday's win. Washington is 2-2 entering Sunday's game.

Redskins to build their confidence before the quality of their opponents jumps.

"If we get some of these teams that don't have a win, they are going to be hungry," said safety Reed Doughty. "But at the same time, hopefully, we can take advantage of perceived lack of confidence."

Wide receiver Santana Moss says some of the team's progress is masked by its many mistakes. On Sunday, the Redskins committed four turnovers, but Clinton Portis finished just two yards shy of his

first 100-yard rushing game, Campbell's confidence never wavered, and the offense scored on its only trip inside the 20-yard line.

Still, the offense is ranked No. 27 in the red zone, Campbell's decision-making has been poor at times, and No. 2 wide receiver Malcolm Kelly has just six catches

"I can't say we're not getting better — we are," said Moss. I think the things we can do better at now is putting a whole game together. That's the main thing." RICK MAESE  
(THE WASHINGTON POST)

## REDSKINS INSIDER

### Redskins Seek Fill-in For Injured Punter

**Veteran punter** Hunter Smith, who has a groin injury, might miss this week's game against the Carolina Panthers, so the Redskins plan to audition possible replacements Tuesday, coach Jim Zorn said. "It's not severe, but it is going to possibly keep him from participating." In Sunday's 16-13 victory, Smith was injured on his first punt in the first half. Place kicker Shaun Suisham took over punting duties and averaged 26.7 yards.



**Read More:** For the latest on the Redskins, visit [washingtonpost.com](http://washingtonpost.com).

**REDSKINS** | BY MATT SWENSON

## Redskins Stave Off Controversy

**THERE WAS A** stay of execution this week at FedEx Field.

The Redskins' 16-13 victory over the Buccaneers Sunday was nothing more and nothing less.

Quarterback Jason Campbell was about as awful as coach Jim Zorn's play-calling in the first half. And, once again, Washington found itself in a hole against a winless team. The only difference is the Redskins got lucky that the Bucs don't have an NFL-caliber kicker.

Fortunate to still be in the game and on the verge of losing any remaining fans, Campbell and

**If nothing else, the game reinforced how interlocked Campbell and Zorn are.**

Zorn put together their best quarter of the season. So — for a week — there won't be a coaching debate, nor will there be the always-popular quarterback controversy.

If nothing else, the game reinforced how interlocked Campbell and Zorn are. Should Campbell put together four strong quarters, Zorn is going to look a lot smarter — and safer in his job security.

With the Panthers and Chiefs up next, there is still some margin for error. It's not enough to mask any weaknesses in the Redskins, but it could turn the heat down to low until the NFC East dominates Washington's schedule.

Just as the Redskins need to get used to close games, we should accept that nothing is going to change with this team, except for some in-game luck going its way from time to time.

## FEARLESS FORECAST | LOOKING AHEAD AT THE REDSKINS' SCHEDULE

**WHILE THE REDSKINS** are 2-2 — a respectable record — their play indicates that they could be exposed soon. Here's how we see Washington faring in its next four games, the first two of which are against winless teams:



AT PANTHERS  
**WIN**



VS. CHIEFS  
**WIN**



VS. EAGLES  
**LOSE**



AT FALCONS  
**LOSE**



**FOOTBALL Better Late Than Never** ESPN.com reported Monday that the San Francisco 49ers and first-round draft pick Michael Crabtree have renewed contract talks, according to sources familiar with the negotiations. Crabtree, the 10th overall selection in last April's draft, is the only unsigned first-round pick. The 49ers have until Nov. 17 to sign Crabtree for him to play this season. If Crabtree is not signed and he is not traded, he would be allowed to re-enter the April NFL draft.



To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

# Sports

## AP's Top 10

**1 FLORIDA:** Tim Tebow is slated to play after his concussion.

NEXT GAME: AT LSU, OCT. 10

**2 TEXAS:** Colt McCoy is looking like the Heisman favorite so far.

NEXT GAME: VS. COLORADO, OCT. 10

**3 ALABAMA:** The Crimson Tide just keeps on rolling.

NEXT GAME: AT NO. 20 MISSISSIPPI, OCT. 10

**4 LSU:** The Tigers' close games mean that they are either battle-tested or overrated.

NEXT GAME: VS. NO. 1 FLORIDA, OCT. 10

**5 VIRGINIA TECH:** Since when does eking out a win over Duke result in moving up in the rankings?

NEXT GAME: VS. BOSTON COLLEGE, OCT. 10

**6 BOISE STATE:** Last week's performance against UC-Davis didn't silence any critics.

NEXT GAME: AT TULSA, OCT. 14

**7 SOUTHERN CAL:** The Trojans re-established themselves as the class of the Pac-10 against Cal.

NEXT GAME: AT NOTRE DAME, OCT. 17

**8 CINCINNATI:** An undefeated year is not out of the question.

NEXT GAME: AT NO. 23 SOUTH FLORIDA, OCT. 15

**9 OHIO STATE:** Buckeyes have won big three-straight weeks.

NEXT GAME: VS. WISCONSIN, OCT. 3

**10 TCU:** Frogs can't slip up if they want to stay in top 10.

NEXT GAME: VS. AIR FORCE, OCT. 10

# Terps Atop a Topsy-Turvy Division

Upset victory against Clemson gives UMD. something to build on

**TERPS FOOTBALL** | Sitting alone atop the ACC's Atlantic Division standings this week is a Maryland team that limped into October without a division I-A victory. And alone at the bottom of the standings is the preseason favorite, a Florida State team that finds itself 0-2 in the conference for the first time ever.

The peculiar order makes sense only in the topsy-turvy world of the wackiest division in major college football. Neither a favorite nor a dark horse can be found among the Atlantic Division's six teams that have rendered nonconference performance and preseason rankings irrelevant.

All the media picked Clemson and Florida State as the two teams to beat, and both have two losses" in the ACC, Maryland coach Ralph Friedgen said. "If we can get a road win against Wake Forest [Saturday], it would be very big and, hopefully, build some momentum for us."



TONI L. SANDS/STAFF

Maryland celebrates a tackle during its 24-21 victory over Clemson on Saturday. The Terps are 1-0 in the ACC after starting with a lowly 1-3 record on September.

**Neither a favorite nor a dark horse can be found among the six teams that have rendered pre-season rankings irrelevant.**

Parity rather than excellence defined the entire ACC last season. Ten of 12 teams played in bowl games, but the league finished the season without a top-10 team. This season's Coastal Division, however, has two highly ranked teams — No. 5 Virginia Tech and No. 11 Miami — and at least somewhat of a pecking order.

It is a different story in the Atlantic Division. Three of the schools — Florida State, Clemson and North Carolina State — lost Saturday to divisional opponents that were not expected to challenge for the division title — Boston College, Maryland and Wake Forest, respectively.

The season remains young, but it's anyone's guess which team will emerge from a division strewn with mediocrity. The only Atlantic Division team that received any votes in the Associated Press Top 25 this week was Boston College, which earned all of 12 votes.

That Maryland (2-3) can even think about building momentum speaks to how wide open the division has become. Throughout the worst September of Friedgen's nine-year tenure, the Terrapins struggled to string together consecutive successful quarters but now are eying opening conference play with consecutive division victories.

"We are 1-0 in the ACC, and that feels pretty good," quarterback Chris Turner said. "We need to capitalize on it." ERIC PRISBELL (THE WASHINGTON POST)



**COLLEGE FOOTBALL Seminole Moment** The chairman of the Florida State University trustees wants Bobby Bowden to retire at the end of this season. Jim Smith said Monday the arrangement with Bowden as head coach and his successor, Jimbo Fisher, as offensive coordinator isn't working. "We've got too many bosses out there," Smith said. The Seminoles (2-3, 0-2 Atlantic Coast Conference), who lost to Boston College Saturday, are off to their worst start since Bowden's first year at Florida State, in 1976. (AP)

more cars on the net



@washingtonpost.com

# express automobile dealers



**LUSTINE DODGE**  
WOODBRIDGE, VA 1-800-879-4701  
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



**SHEEHY HONDA**  
ALEXANDRIA, VA 703-660-0100  
7434 RICHMOND HWY. WWW.SHEEHYHONDA.COM



**DARCARS NISSAN**  
ROCKVILLE, MD 301-309-2200  
15911 INDIANOLA DRIVE. WWW.DARCARS.COM



**ALEXANDRIA TOYOTA**  
3750 JEFFERSON DAVIS HWY 703-684-0700  
ALEXANDRIA, VA WWW.ALEXANDRIATOYOTA.COM



**CASTLE FORD**  
SILVER SPRING, MD 1-866-369-9999  
3111 AUTOMOBILE BLVD. WWW.TRYCRYSTAL.COM



**BROWN'S MANASSAS HYUNDAI**  
MANASSAS, VA 703-361-9600  
8651 CENTREVILLE ROAD. MANASSASHYUNDAI.COM



**355 TOYOTA/SCION**  
ROCKVILLE, MD 301-309-3917  
15625 FREDERICK ROAD. WWW.DARCARS.COM



**KAY JENNINGS SPRINGFIELD TOYOTA**  
SPRINGFIELD, VA 703-451-0300  
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM



**KOONS STERLING FORD**  
STERLING, VA 1-888-342-7300  
46869 HARRY BYRD HIGHWAY. WWW.KOONS.COM



**LEXUS OF SILVER SPRING**  
SILVER SPRING, MD 1-800-266-4874  
2505 PROSPERITY. LEXUSOFSPILVERSPRING.COM



**355 TOYOTA**  
ROCKVILLE, MD 301-309-3917  
15625 FREDERICK ROAD. WWW.DARCARS.COM



**DARCARS 355 VOLVO**  
ROCKVILLE, MD 301-309-3900  
15401 FREDERICK ROAD. WWW.DARCARS.COM



**MOORE LUXURY CARS**  
VIENNA, VA 703-790-0950  
8595 LEESBURG PIKE. MOORELUXURYCARSCOM



# Sports



TIM SHORT/AF/FLORIDA TODAY

The Washington Nationals' Stephen Strasburg pitches against the Detroit Tigers in an Instructional League baseball game in Viera, Fla., on Monday afternoon.

## Strasburg Makes Nats Appearance

No. 1 pick allows one run donning the curly 'W' for the first time

**NATIONALS** | After a second consecutive 100-loss season that featured plenty of missteps, and not just in terms of W's and L's — remember the "Nats" jersey fiasco? Remember Jim Bowden? — the Washington Nationals are ready to put a timetable on a turnaround.

The very best thing about finishing with the worst record in the major leagues two years in a row — going 59-103 in '09, after going 59-102 in '08 — is that the Nationals "earned" the No. 1 overall pick in baseball's amateur draft twice in a row.

So, they chose hard-throwing San Diego State right-hander Stephen Strasburg, widely considered

a once-in-a-generation talent, in June, then agreed to a record-breaking \$15.1 million deal right at the deadline in August.

Strasburg made his pitching debut as a member of the Nationals organization Monday, wearing a curly "W" on his chest while giving up one run in two innings during an Instructional League game at Washington's spring training stadium in Viera, Fla.

The Nationals intend to have Strasburg back there in February, possibly with a shot to earn a spot in what was an inexperienced and, at times, overmatched rotation this season.

Strasburg is "a young pitcher right now, who has no professional experience. So, we're going to take it as it comes," general manager Mike Rizzo said. "He's going to have to pitch his way into the rotation." HOWARD FENDRICH (AP)

### TODAY'S TV LINEUP

**CAPITALS (7 P.M. ON VERSUS)** The Caps can start 3-0 this season with a victory over the Philadelphia Flyers.

**BASEBALL (5 P.M. ON TBS)** The Twins host the Tigers in a one-game playoff with a shot at the New York Yankees in the ALDS on the line.

**COLLEGE FOOTBALL (8 P.M. ON ESPN2)** Middle Tennessee is at Troy for those in need of a football fix.

## The Trump Network Comes to Virginia

### Trump Network Experiencing Phenomenal Growth

*As if being a multi-billionaire wasn't enough, Trump has thrown his hat into the network-marketing arena.*



The first official pre-launch meeting of The Trump Network in the greater Washington D.C. area is happening October 13<sup>th</sup> at the Tysons Corner Marriott Hotel. An opportunity of a lifetime, this is going to be one of the biggest events of its kind. Do not miss this event —

#### ONE NIGHT ONLY

As expressed in this statement from Donald Trump, *"Success does not just happen, it starts for those who take action."* The Trump Network will supply the tools for taking action. With the tough economic times, more people are looking for opportunity to take charge of their future. The Trump Network is an opening for this to happen.

Scott Stanwood, Vice President of Communications of The Trump Network, wants people to 'Get Ready for the Revolution' and had this to say, *"We are driven to provide Trump Network Marketers a platform on which they can build a business that provides not only an exceptional income opportunity, but the potential to achieve their dreams."*

Join us October 13<sup>th</sup> at the Marriott Hotel and find out what a pre-launch multi-billion dollar vision really looks like. This will blow you away, this one night could change your life. Reserve your seat now.

To register for this momentous Trump Network pre-launch event, call 1-800-297-8036 or go to [www.registerVA.com](http://www.registerVA.com)

*...the Wellness industry will reach sales of over \$1 Trillion or more within the next 10 years, and Wellness will be the industry in which the greatest fortunes of the new century will be created. Fortunes eclipsing even those of the Internet Billionaires of the late 1990's..." — Paul Zane Pilzer, author "The Next Trillion"*



Trump Network can provide you...

- ✓ Weekly Paychecks
- ✓ Unique and Exclusive Products
- ✓ Training and Support
- ✓ Recession Proof Income
- ✓ Step-by-Step Success Program
- ✓ FREE Leads

And most important...

**The Opportunity to Leverage The TRUMP Network Brand for You and Your Family.**



**ONE NIGHT ONLY**  
Don't Miss This Event

**CALL NOW TO RESERVE YOUR SEAT AT OUR FREE 60 MINUTE EVENT!**

**1-800-297-8036**

or Register online at [www.registerVA.com](http://www.registerVA.com)



©2009 Trump Network. Must attend entire meeting to receive bonus gifts. \* Limited supply. While supplies last. Limit one per household.

**COMING TO TYSONS CORNER**  
**TUESDAY, OCTOBER 13<sup>TH</sup> • 7:00 pm**  
**Marriott Hotel, 8028 Leesburg Pike**

# express health directory

Receive \$**4,000\***  
up to



  
**Algorithmme**  
Pharma

We are seeking men and women, ages 18 and older, non-smokers and light-smokers, to participate in a research study.

Study-related medical evaluation at no cost.

302 West Fayette Street, Baltimore MD, 21201



Facilities near Lexington metro,  
Penn and Howard street train stations.  
Parking also available nearby.

**(410) 385-4667 • 1-800-787-1100**  
**www.algopharm.us**

\* Financial compensation from \$600 to \$4,000

## Do you have ADHD?

This office is currently enrolling participants in a study to evaluate the maintenance efficacy of a medication already approved by the FDA to treat ADHD in adults.

To qualify, you must:

- Be between the ages of 18-55
- Diagnosed with Attention-Deficit/Hyperactivity Disorder.
- Have been on medication for at least 6 months.

Participants will need to come to this office for visits and testing. Study medication, office visits and testing are provided at no cost. Compensation may be available for time and travel.

For more information, please contact our office at 301-984-8800.

## Do you want to be notified of New Research studies at Georgetown University?



Join the Study Subject Research Registry to be informed about new studies conducted at Georgetown University and the Lombardi Comprehensive Cancer Center.

As part of the Registry, we will determine if you are eligible for new and current studies done here at Georgetown, and then contact you to see if you are interested in learning more. You can then decide if you want to participate in the research study.

Participants in the Registry will only be asked to fill out a brief questionnaire about your health and lifestyle information.

Your participation in this or any study is completely voluntary.

Subjects will receive a small gift for participating. Other studies you may decide to take part in may also offer compensation for participation.

If you are interested in joining the Registry, please contact us at **202-687-8731** or **studysubjectregistry@georgetown.edu**.

**Post Your Health Coupons Online for \$100 per month!**

**washingtonpost.com**

For Advertising Contact  
Danielle Gosnell  
202-334-5648  
gosneld@washpost.com



Concerts, movies, events, restaurants and more.

  
**express nightout**  
expressnightout.com

XXI72 Ix4



Concerts, movies, events, restaurants and more.

  
**express nightout**  
expressnightout.com

XXI72 Ix5

**express nightout.com**

**express nightout.com**

XXI72 Ix4

XXI72 Ix5

# fit



Meet your match  
by exercising while  
speed dating **E4**

## PARKING



The scoop on D.C.'s shiny new  
Bikestation, where folks can  
store their wheels 24/7 **E5**



Don't ignore these  
tips for getting your  
doc to notice you **E7**

express

EXPRESSNIGHTOUT.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | OCTOBER 6, 2009

# pole model

HANG OUT WITH  
JESSALYN  
MEDAIRY TO  
LEARN HOW TO  
TONE UP AND  
'TUSH-UP' **E4**



# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Say Hello to Personal Anger Management

**Q** What would you say to someone who just feels so angry all the time? I am so irritable and I snap at everyone. I start the day with the greatest of intentions. But soon into the day I just feel so frustrated. It's people on the Metro, my boss, the people I live with. I just feel like giving a middle finger to everybody. And, of course, they respond in kind. I know this sounds pathetic. I really do want to be better but don't know where to start.

— REALLY WANT TO BE BETTER

It doesn't sound pathetic. Pathetic would be delivering this note to me via a punch in the face.

It's great that you're motivated to get better. But it's difficult for



BENDPENDENT.COM

me to tell how deep-seated this issue is. Sometimes, irritability can just mean that you're going through a temporarily stressful time. But often, it can be connected to underlying anxiety or even depression, and the fact that your

anger seems so pervasive makes me think that it's time you let a good therapist help you get to the bottom of it. There are lots of behavioral techniques that you can use yourself to help take the edge off, including trying to be vigi-

lant about your sleeping, eating and drinking habits; journaling; meditation; relaxation exercises; listening to music; working out and learning deep breathing. But for a more permanent fix, you'll want to eradicate the root of the soreness, rather than just soothing it.

## The Truth Takes A Little Coaxing

**Q** Last year, I met this guy, and on and off we have been involved. We have always been on the up-and-up with each other — or so I thought. Lately, I am getting the feeling that he is seeing someone else and that he is not being honest with me about it. I do not care whether he is seeing someone else, but I do need for him to be honest with me if we are going to go further. But I do not want to confront him, because I do not want him to think that I am asking for a commitment from him.

— FRUSTRATED, D.C.

So, you want to get him to be open with you without having to be totally open with him. Niiice!

I can understand that you don't want him thinking that you're eyeing diamond solitaires. But the reality is that you hope to "go further." In most people's estimations, that means eventually getting more emotionally intimate, which is pretty difficult to do unilaterally.

Bring it up at a relaxed, pleasant time. Say that you like that you've always felt you both could be open about who you were dating, and you hope that hasn't changed. If that doesn't get him to open up, state that your status hasn't changed since you've last checked in, and ask him if his has. If he's still clamping up, then go for it: If it's honesty you want, then it's honesty you should give — by laying your concerns on the line.

**Q** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

## CFC Organizations:

**If your ad were here, it could be seen today by tens of thousands of federal employees.**

If your organization receives donations from Combined Federal Campaign donors, make your appeal in Express.

Every week, one-third of federal workers in the area ride Metro, the primary distribution point of Express. That means your lifeblood is riding, reading, and waiting to read your message right here before they make their CFC pledge.

Call Kathryn Whitener at 202-334-6171 or Adam Bodenmiller at 202-334-4532 to place your message in Express.

**express**

A publication of The Washington Post

XX233 3x5

QUICK STEP *live*  
*Double polka*  
*Fachusetts*  
*Swing*  
*Wossa*  
*Waltz*  
*West Coast*  
*Swing*

**Just Dance** *ta*  
*Lindy Hop*  
*Ballroom*  
*Waltz*  
*Murray*  
*mambo*

**25% OFF**  
*\*NEW STUDENTS ONLY*

**COUPLES SINGLES**

Alex/Landmark 703-731-4336 Gaithersburg 301-590-0387 Bethesda 301-657-2700  
 Columbia 410-772-7880 Ashburn 703-729-7055  
 Tysons Corner 703-556-0088 Silver Spring 301-681-4466



**They'd love your old love seat**

Sell your stuff in Express.

Place your Classified ad today.  
**202-334-6200.**

**express**

A Publication of The Washington Post

[expressnightout.com](http://expressnightout.com)

Classified ads appear in Express and The Washington Post.

xx179 2x5

ROK 'N' ROLL 

Energy bars end up crushed in the bottom of gym bags, and a hot day turns gels into a melted mess. But nothing messes with Clif Shot Roks (\$2.49), protein-packed balls with a protective shell. They look like Whoppers and taste a lot like candy, too. But the tough texture means you're in for a jaw workout.

FLAT TOPS 

The designers of Vapur (\$8.95, Vapur.us) clearly studied the genius that is Capri Sun packaging to develop an "anti-bottle." The reusable BPA-free plastic pouch stands upright when filled with water (it holds up to 16 ounces) but flattens out so it can be folded or rolled and tucked away.

MINI-MED SCHOOL 

It might not get you up to speed on the health care debate, but "The Intellectual Devotional: Health" (\$24, Rodale) promises to generally educate you about the medical field with 365 page-long, easy-to-understand entries about everything from antihistamines to Rolfing to congenital hip dysplasia.

CLEAN BREAK 

Outdoorsy adventures are meant to be messy, but they're no fun if you're not feeling clean, um, down there. So, pack LA Fresh feminine hygiene wipes (\$3.49 for 12, Lafreshgroup.com), soft flushable, biodegradable cloths.



**WARNING: Your insurance benefits expire in December! It's YOUR money, use it or LOSE IT!**

Call now for more information!



Where technology meets tranquility  
Dr. Rex H. Hoang, DMD, PC

Welcome to Dentistry of the Future Combined with Old Fashioned Chairside Manners.

**\$1000 OFF IMPLANTS OR INVISALIGN**

Call now for a free consultation!

\*Valid 1 per customer. Please present coupon at time of consultation. Restrictions and limitations may apply. Expires 12/01/09.

2 Locations For Your Convenience!

DUPONT CIRCLE

1325 18th Street, NW • Suite 203 730 24th Street, NW • Suite 9  
Hours: 7 am - 9 pm Hours: 12 pm - 8 pm

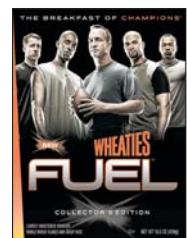
FOGGY BOTTOM

**202.833.8724**

[www.dcdentalspa.com](http://www.dcdentalspa.com)

## GUINEA PIG

## 100 Percent of Your Daily Testosterone



■ Wheaties may still be the "breakfast of champions," but it hasn't been winning over as many customers as it used to. So, General Mills has hit upon a novel concept: a cereal made just for athletic dudes. The result is Wheaties Fuel (\$9.99 for a collector's edition sample, Wheaties.com).

Five super-athletes (Peyton Manning, Kevin Garnett, Albert Pujols, Hunter Kempner and Bryan Clay) stare ominously from the black box not just as models, but as part creators. Their feedback supposedly helped Dr. John Ivy develop the ideal formula for long-lasting energy with a macho taste ("lightly sweetened crunchy whole-wheat flakes and crisp rice").

Our manly tester devoured a bowl and was impressed by how full he felt — probably because a 1-cup serving is 210 calories. He also dug the hint of cinnamon and the stats in the nutrition box. "I want to put this in my regular rotation," he even said, but he'll have to wait until it hits stores in January.

VICKY HALLETT (EXPRESS)



# fit | Phys Ed

## BODY TALK



LAWRENCE LUK

### Shed Single Status Along With Pounds

■ Traditional speed dating wasn't such a good match for Bertha Cross. So, she came up with a twist: Add exercise to the mix. "If they have similar fitness goals, they have a tendency to have more in common, and the bonding becomes stronger," explains Cross, who held her first Fitness Speed Dating event in 2008 and has since taken the concept to Philadelphia, Los Angeles and Chicago. But D.C. gets the love this Saturday at the Westin Grand Hotel (\$25, 2350 M St. NW, 12:30 p.m.-2 p.m. and 3:30 p.m.-5 p.m., [Fitnessheights.com](http://Fitnessheights.com)).

Participants should show up dressed to sweat and ready to get pinned with a bib number for easy identification and a race day feeling. Then, they'll cycle through a series of five-minute dates with health as the focus. (There's a sheet of questions about fitness goals, exercise frequency and diet to keep the conversation flowing.) Between every date rotation, the group gets a breather from the small talk with a mini-workout, which ranges from running around the block to strength moves with resistance bands.

"It's a more fun way to get to know people," Cross says. "You can see people's strengths and weaknesses right away." Literally!

A D.C. event earlier this fall had all of the fixings for a cardio connection but not enough singles to get hearts racing. Cross hopes with higher attendance, she'll be able to link up more bodies for life. JULIE KRAUT

### Washington's greatest poling director knows how to spin it

When Jessalynn Medairy — clad in a sports bra, booty shorts and sparkly silver heels — demonstrates how she can suspend herself upside down from a pole by somehow tapping into the strength of her inner thighs, there are many adjectives that come to mind to describe her. "Shy" is not one of them. But Medairy, 23, swears that if she hadn't started strutting in 5 1/4-inch stilettos four years ago, she'd still be shaking in her boots.

"I had this horrible case of anxiety. I was out of my mind about it," says Medairy, who seems to have been completely cured. How else would she have competed last Sunday in Charlottesville, Va., at the Eastern Regionals for the U.S. Pole Dancing Federation?

Her two routines — for a compulsory fitness round with set tricks (such as splits, spins and holds) and a freestyle dance that allowed her to show off her expressive style to a Michael Bublé tune — placed fourth and earned her "pro status," which means she'll be one of 15 women at the first Professional Pole Championship in New York in 2010.

But the real proof that she's shaken off her timid past is that Medairy ditched a job at Lockheed Martin to try out full-time pole work under the brand name Pole Pressure ([Polepressure.com](http://Polepressure.com)). In addition to competitions and tours (she's performed regularly in the U.K. and elsewhere abroad), she now has a month-old pole studio with 11 poles at Balance Gym's



Medairy

# Hanging Tough in Heels



COURTESY/MEDAIRY

A spritz of Windex on the pole helps keep Jessalynn Medairy from sticking to it.

Thomas Circle location (1111 14th St. NW). And this week, she's also starting to lead upper-level courses at Chic Physique in Bethesda (4931 St. Elmo Ave., [Chicphysiquefitness.com](http://Chicphysiquefitness.com)).

"When you're hanging on a pole, it makes you feel beautiful. The moment you leave class, you feel different," says Medairy, who says her transformation went far beyond state of mind. Within months of starting training, she dropped 25 pounds and saw her entire body tone up. "I'm built the way I am now because of the pole," she adds.

**WHEN YOU'RE HANGING ON A POLE, IT MAKES YOU FEEL BEAUTIFUL. THE MOMENT YOU LEAVE, YOU FEEL DIFFERENT."**

Her newly devoted students at Balance believe it. When Alex Nica, 23, took an intro class, she sweated and had a good time. "Then I went home and my butt hurt," she says. That's because the hip circles, bumps and "tush-ups" are designed to be more than merely seductive. They're a workout — and even more of one if you're donning proper footwear. Those sparkly shoes Medairy wears? "These aren't stripper shoes. They're rubber-soled, so they're very comfy. But because you have to find your balance, they make the workout so much harder," she explains.

Constantly caressing the pole and grabbing it to spin your body around tires out the arms pretty quickly. And doing the sorts of tricks Medairy makes look so simple requires mucho muscles. But her distraction techniques — such as calls to fog up the pole with your breath, pretend your sports bra straps are suspenders and simulate grabbing dollar bills with your teeth — keep students going.

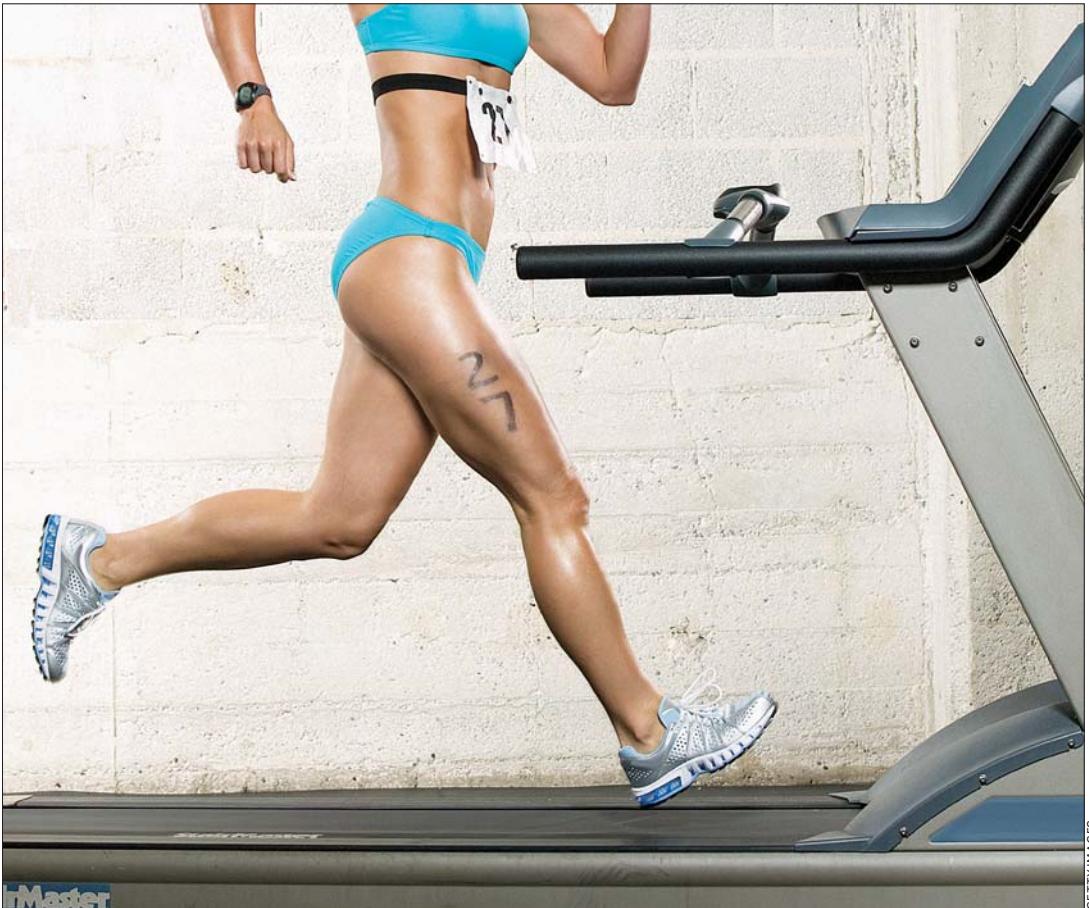
There's no doubt pole dancing embraces eroticism, but it requires just as much silliness as sexiness. Success comes from being comfortable with yourself, which is why Medairy thinks older women tend to enjoy the classes most: "Spanking their butt is totally OK with them."

It helps that she closes the curtains during class to promote the feeling of privacy and, most of the time, the room is off-limits to guys — the Monday night mixer is co-ed but focuses more on aerial tricks and strength instead of sultry swivels.

After all, no one there is actually training to become a stripper, especially not Medairy, who had to convince her parents that her hobby wasn't going to lead to topless clubs. But as Medairy proves, a spin around a pole may take you to places you never expected.

VICKY HALLETT (EXPRESS)

# Tri a New Approach



## THE TRIATHLON TRAINER

Pedal a bike at a moderate pace — an effort level of 5 or 6 (you're working hard but can still carry on a conversation) — for 10 minutes. Next, run either outside or on a treadmill for 10 minutes, again at an effort level of 5 or 6. Last, head to the pool or a rowing machine and put in 10 minutes at the same effort level.

## THE FULL-BODY TONER

Jump rope for 30 seconds and rest for 30 seconds; do five sets. Then perform two sets of this five-minute body-weight circuit: squats, push-ups, step-ups, dips and crunches. Do as many reps of each exercise as you can in one minute, moving to the next without rest. Finish with a 10-minute jog at a medium pace.

## THE POWER BOOSTER

Pick three cardio machines and do the following on each: Warm up for two minutes at a medium pace. For the first interval, raise to max effort by upping the resistance and/or incline, keeping the pace steady; go for 30 seconds, then recover at warm-up pace for two minutes. Do two intervals per machine. Finish on one machine before moving to the next.

## THE CALORIE SCORCHER

Choose any three cardio machines. On the first one, go for 10 minutes at an effort level of 5 or 6. Move immediately to the next machine and go hard, at an effort level of 9 or 10 — you should just barely be



DARRIN MICHAELS

## 'SMALL' BUT POWERFUL

→ Ellen Page's diminutive frame doesn't seem well suited to roller derby, which is partly why her character is an improbable star in "Whip It!" But the actress threw herself into training for the role, working with coach "Axels of Evil" for three months, she told us. The toughest part of filming: the underwater love scene. "I had to swim for three hours," she says. After that, you'd guess she'd be called by her chosen derby nickname: "Hurt Vonnegut." But everyone just called her "Small." V.H.

able to huff out words — for another 10 minutes. Finally, switch to the last machine and do 10 minutes at a 5 or 6 effort. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

hMaster

Get a triathlete's body by taking tips from that three-pronged training style

There's a reason triathletes look so fabulous: By combining three events, they get the results of each — a swimmer's cut shoulders, a cyclist's toned legs and a runner's lean physique.

But you don't have to go hardcore (or even get in the water) for

those perks. These four cardio plans will freshen up your workout, and you can finish each in 30 minutes or less. Do one three times a week on nonconsecutive days, says Karl Scott, a private trainer at the Sports Club/LA in New York City.

## TRAILBLAZER

### Parking Space Station

■ Standing before a gleaming, helmet-shaped glass structure next to Union Station last Friday, D.C. Mayor Adrian Fenty boasted, "You don't every day get to come to the biggest, best, coolest Bikestation in the country." It makes sense that Fenty, an avid cyclist, would be on hand for the opening of the building, which houses covered, secure parking for about 130 bikes, and offers retail, repairs and rentals. But work to install the first Bikestation (Bikestation.com) on the East Coast has taken six years.

The wait has been worth it for commuters such as George Mino, 56, who — contrary to what the mayor announced — hopes that his visits do happen every day. He takes the MARC from Columbia, Md., then hops on his bike to ride to work in Crystal City. But leaving his wheels out in the open at Union Station has been a bumpy ride. "I've had my bike stolen, vandalized and had the air let out of my tires,"



The modern glass structure next to Union Station resembles a bike helmet.

he says. "Now I can finally buy a bike that costs more than my lock."

Mino has signed up for an annual membership (\$96, plus a \$20 administrative fee), which means he has access to the facility 24/7, including a small changing room. Non-members can park for \$2 a day between 7 a.m. and 7 p.m., when Bike the Sites (Bikethesites.com) staffers are on hand to handle tune-ups, sales of accessories and rentals. Guided tours from Bikestation kick off in the spring.

VICKY HALLETT (EXPRESS)

COURTESY DC DEPT OF TRANSPORTATION



Participate in a study at Johns Hopkins Center for Immunization Research and help develop vaccines to end deadly diseases found all over the world.

Without ever leaving Washington DC, you can help save lives. Today, diseases such as Malaria and Dengue Fever are hurting people all over the world. If you are 18 to 50 years old, you could help develop new vaccines. The Center for Immunization Research offers outpatient vaccine studies near the Foggy Bottom Metro stop. You will be paid for your time.

**YOU HAVE THE POWER TO HELP HEAL THE WORLD.**

Call 1-877-VAX-4-YOU today.

Be a life saver.™



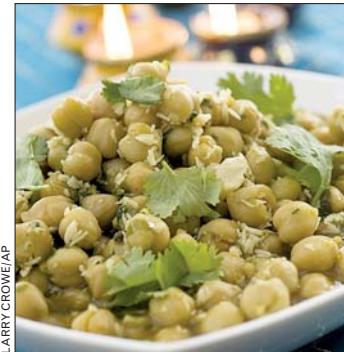
Earn up to  
\$2,250 based  
on the number  
of study visits.



Principal Investigator: Anna Durbin, MD  
Approved by CHR on May 14, 2008 CHR# H.22.04.02.19.A2 (AD# DC 101)

**fit**

## EATINGIN



### CHICKPEAS IN COCONUT SAUCE

#### INGREDIENTS

- 5 TSP sesame oil or canola oil
- 2 TBSP yellow split peas
- 1 TSP coriander seeds
- 2 dried Thai chilies, stems removed
- 2 CUPS water
- 1 TSP tamarind paste or concentrate
- 1 TSP black or yellow mustard seeds
- 3 CUPS canned chickpeas, drained
- 2 TSP coarse kosher salt or sea salt
- 1/4 TSP turmeric
- 1/2 CUP shredded dried unsweetened coconut, reconstituted
- 2 TBSP finely chopped fresh cilantro

25 MINUTES, SERVES 8

**IN A SAUCEPAN** over medium-high, heat the oil. Add the split peas, coriander seeds and chilies, and cook, stirring constantly, about one to two minutes. Remove the pan from the heat. Using a slotted spoon, skim off the spices. Once the spices cool, grind them until the texture resembles that of finely ground black pepper. In a bowl, combine the water and tamarind paste. Whisk to dissolve the tamarind. Return the saucepan to medium-high heat. When the oil is warmed, add the mustard seeds. Cover the pan and cook until the seeds have stopped popping (similar to popcorn). Stir in the chickpeas, salt and turmeric. Pour in the tamarind water and bring to a boil. Lower the heat to medium and cook, uncovered, until the chickpeas absorb the flavors, eight to 10 minutes. Stir in the ground spices, coconut and cilantro. (AP)

 170 calories, 6 g protein, 20 g carbs, 7 g fat, 0 mg cholesterol, 970 mg sodium, 5 g fiber

# How to Page Doctor Elusive

Feeling rushed through medical appointments? Snag more TLC

Seeing your doctor has never been a picnic (tissue-thin gown, anyone?), but these days it can feel like a hit-and-run. As doctors get busier, appointments get shorter — you're supposed to spill your family history, get a prescription refill and have a suspicious mole inspected in less time than it takes to reload your iPod.

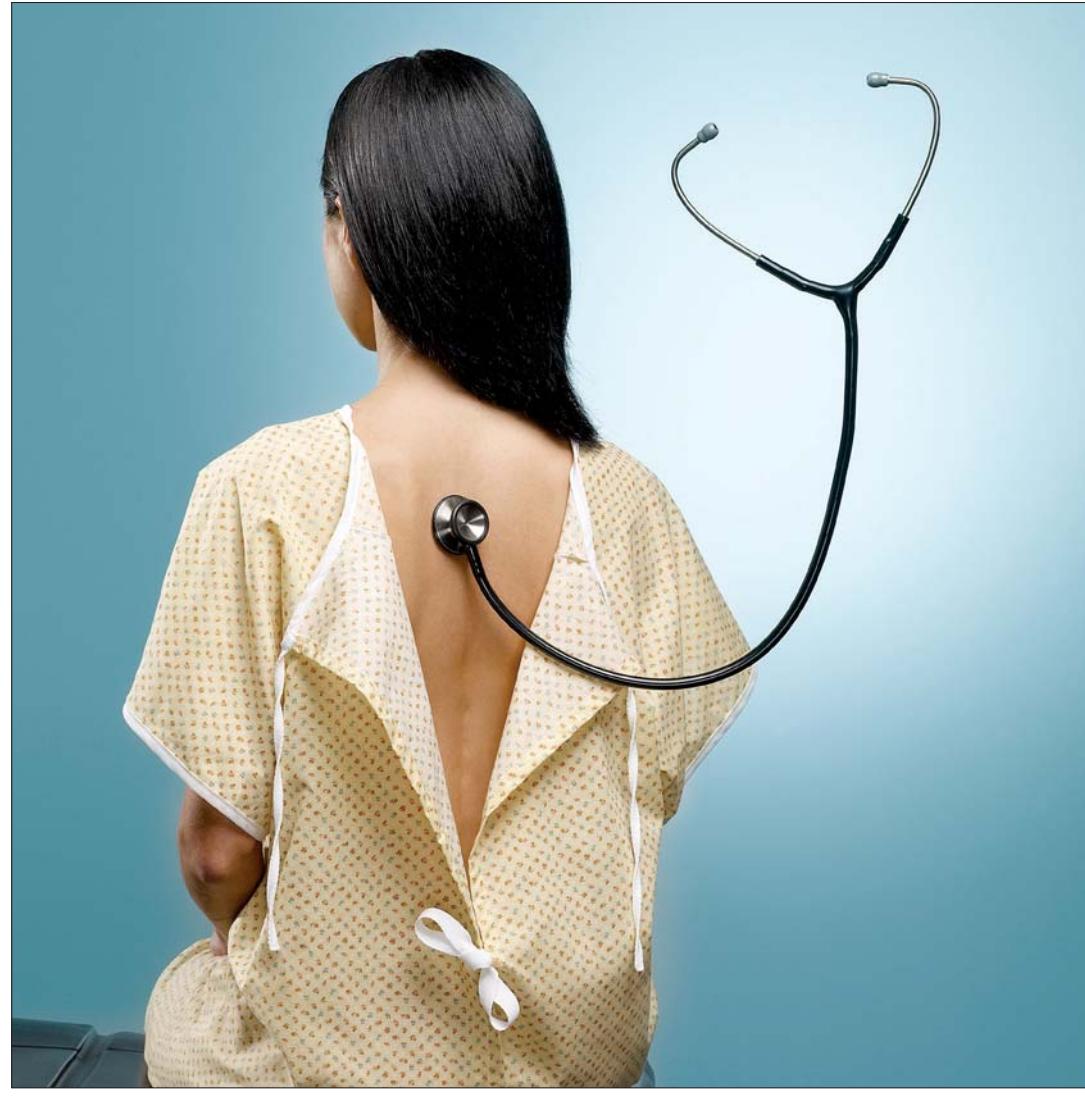
And not only are docs more swamped than ever; sometimes it feels like they're speaking a different language. "Medical schools teach students how to interact with patients, but by the time doctors start practicing, their bedside manner may be a bit rusty," says Sherrie Kaplan, a leading researcher of doctor-patient interactions. Because a satisfied patient is more likely to be a healthy one, according to research from the University of California, Irvine, we got experts to help you get the medical TLC you need.

**PROBLEM:** Your doctor heads for the door when you've barely had a chance to say, "Ahhh."

**SOLUTION:** Bring a list of the issues you want to tackle and let the doc know at the beginning of your appointment how many items are on your list, says Larry Mauksch, a senior lecturer in family medicine at the University of Washington in Seattle. Don't wait until the end of the appointment to bring up the most important issues. Also worth considering: Johns Hopkins University researchers found that consultations with female physicians are, on average, two minutes longer than those with male ones.

**PROBLEM:** Your doctor speaks in confusing medical jargon or glosses over details.

**SOLUTION:** Seventy-eight percent



GETTY IMAGES

**Medical schools teach students how to talk to patients, but their bedside manner can get rusty.**

of patients do not fully understand their doctor's instructions, reports a study in the *Annals of Emergency Medicine*. "Be blunt and say, 'You're using a lot of words I don't understand,' or, 'I'm not getting the reason behind your recommendation,'" Mauksch says. Repeat what you think you heard and ask whether it's correct, then write it down. If

the office uses electronic medical records, request an After Visit Summary, which includes a printout of the doctor's recommendations.

**PROBLEM:** Your doctor dismisses your concerns, but you're worried something could be wrong.

**SOLUTION:** Explain why you're concerned. For example, maybe your grandmother died of a brain tumor, and you're afraid that your migraines might mean you have one, too. Expressing your fears clues your doctor in to your family history and gives her some context so she can explain why you should or shouldn't be alarmed (maybe the type of tumor Grandma had doesn't run in families). If you do that and

still feel strongly that something isn't right, trust your gut and get a second opinion, Kaplan says.

**PROBLEM:** Your doctor is impossible to reach between visits.

**SOLUTION:** Next time you're face to face, get the 411 on how your doctor can be reached. About 39 percent of physicians communicate with patients via e-mail, so find out whether yours is one of them. But if you're granted the e-mail address, keep your messages short, and don't expect a rapid response. (In other words, a case of food poisoning should land you in the ER, not in your doc's in-box.) **PAIGE GREENFIELD**  
(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

## STETHOSCOPE



STOCK

### OBESITY

## Friend, or Diet Foe?

**■** You probably already sort of despise your friend who can scarf whatever she wants and still look like a model. Get ready to hate her more: A study in the *Journal of Consumer Research* found that seeing skinny folks chow down encourages us to do the same, whereas the sight of chunkier people overeating doesn't evoke the same response. They figured this out by having female college students watch a movie with a companion, who either appeared naturally (at 105 pounds) or "obese" with padding, but always took a large portion of candy.

### LIFE EXPECTANCY

## Birthday Boom

**■** Baby, have we got some good news. A Danish study published in the *Lancet* shows that children born since 2000 in wealthy nations can expect to live long enough to score a Willard Scott mention on the "Today" show. Having more of the population join the century club may increase the burden on social services, but the researchers speculate that healthier living throughout the years may prevent that.

### SEXUALITY

## Between the Sheets

**■** Marvin Gaye may have been onto something with that "Sexual Healing" song. Researchers in Australia studied 295 women and discovered that those who were the most pleased about what was happening in their bedrooms scored higher when it came to well-being and vitality.

# Hear ye, hear ye!



So it shall be known...  
3 fortunate readers  
of The Washington Post  
shall **win 2 tickets** to

## The 33rd Annual Maryland Renaissance Festival!

To enter for a chance to win 2 tickets to a fun-filled day of great entertainment, food, crafts, shows and much, much more frivolity at the Maryland Renaissance Festival, (and for complete official rules and details), visit: [washingtonpost.com/postfun](http://washingtonpost.com/postfun).

No purchase necessary. A purchase will not increase your chances of winning. Sweepstakes period begins on 10/01/09 at 12:01 AM ET and ends on 10/13/09 at 12:00 PM ET. Open to legal residents of DC, Maryland and Virginia who are 18 or older at the time of entry. Employees, officers, directors and representatives of WP Company LLC or Sponsors and their corporate affiliates, and those with whom such persons are domiciled, are not eligible. Void where prohibited. Sweepstakes subject to complete official rules, which are available at [www.washingtonpost.com/postfun](http://www.washingtonpost.com/postfun). Alternate means of entry: mail a 4x6 notecard with name, address, phone number and e-mail to: 1150 15th Street NW, Washington, DC 20071, Attn: 7th Floor Consumer Marketing-Maryland Renaissance Festival. Mail-in entries must be postmarked by 10/07/09 and received by 10/12/09. Three pairs of tickets, with an approximate retail value of \$36.00 per pair, will be awarded. Odds of winning prize depend on the number of eligible entries received. Sponsor: WP Company, LLC, 1150 15th Street NW, Washington, DC 20071 and Maryland Renaissance Festival, 1821 Crownsville Road, Annapolis, MD 21401.



**The Washington Post**

If you don't get it, you don't get it.

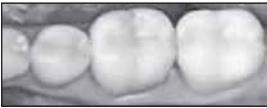
# express health directory



*Beautiful & Natural Looking*



Before



After

**15% OFF Restoration**

Offer Expires October 31, 2009  
Some restrictions may apply

6831 Wisconsin Avenue, P-101 • Chevy Chase, MD 20815  
301-986-8777 • [www.SuperTooth.com](http://www.SuperTooth.com)  
Convenient Location. Walking Distance To Bethesda  
Metro Red Line. **FREE PARKING**



Ben Manesh, DDS • Ali R. Ziglari, DDS  
Nicholas Toscana, DDS, MS

We are pleased to offer you the best quality materials that are strong, beautiful and will last you for a very long time. Inlay/Onlay restorations are custom made tooth-colored porcelain fillings. Porcelain inlay/Onlay restorations are popular because they resemble your natural teeth.

Inlay/Onlay restorations can be utilized to conservatively repair teeth that have large defective fillings or have been damaged by decay or trauma. Inlay/Onlay restorations are an ideal alternative to conventional silver and composite fillings. Also, they are more conservative than crowns because less tooth structure is removed in the preparation process.

### Indications:

Broken or fractured teeth, Decayed teeth, Cosmetic enhancements, Fractured fillings and/or Large fillings.

## VOLUNTEERS NEEDED

The Clinical Trials Center of the Walter Reed Army Institute of Research is seeking healthy adult volunteers, male and female, to participate in a malaria research study who:

- Are 18-50 years of age
- Are not pregnant or breast-feeding
- Have never had malaria or traveled recently to a country with malaria
- Available to participate in a 3-6 month study



Please contact the Clinical Trials Center of the Walter Reed Army Institute of Research for more information. Volunteers will receive a free medical evaluation and financial compensation.

**1-866-856-3259 (toll free) or  
301-319-9320/9335  
[www.armyclinicaltrials.com](http://www.armyclinicaltrials.com)**

### Had a CONCUSSION and been sleepy ever since?

If you are 18 to 65 years old and have suffered a **head injury, concussion or bump on the head** in the last 10 years that has left you **Sleepy During the Day** you may be eligible to participate in a study of an investigational medication to treat **DAYTIME SLEEPINESS**

Compensation for time and travel will be provided

**CALL 301-654-5665**

[research@slepdoc.com](mailto:research@slepdoc.com)

The Center for Sleep & Wake Disorders  
Chevy Chase, Maryland  
Friendship Heights Metro



## Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

### FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211  
EMAIL: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**lonza**

AD BONE MARROW 03/09

 Park your browser here.

Concerts, movies, events, restaurants and more.



 Park your browser here.

Concerts, movies, events, restaurants and more.



# express → health directory

Are you tired of waking up BEFORE your alarm?

# INSOMNIA

If you are 18 to 85 years old and have trouble FALLING ASLEEP, STAYING ASLEEP, or GETTING A RESTFUL NIGHT OF SLEEP, you may qualify to participate in a research study of an investigational medication for INSOMNIA.

Compensation may be provided for time & travel.

- Call: 301.654.5665
- [research@sleepdoc.com](mailto:research@sleepdoc.com)

The Center for Sleep & Wake Disorders  
Chevy Chase, MD  
Friendship Heights Metro

## MENOPAUSAL WOMEN



African American and Caucasian women age 40-60 are needed for a research study addressing questions about menopause.

To see if you qualify or to get more information, please contact

**Robert Clark, M.S.**  
301-295-9666

[menopausestudy1@gmail.com](mailto:menopausestudy1@gmail.com)

Participants may be compensated.

This research study is sponsored by the Uniformed Services University, Department of Medical and Clinical Psychology in Bethesda, Maryland.

## NUTRITION RESEARCH Participants Needed

Participants must be 18 or older and work at least 30 hours a week. This study will compare two Websites to help working people learn about healthy eating and exercise.

### WHY PARTICIPATE?

- You may learn more about nutrition and exercise.
- You may learn how to reach personal goals for a healthier lifestyle.
- You may earn up to \$125.

### FOR INFORMATION CONTACT

[nutritionresearch@inflexxion.com](mailto:nutritionresearch@inflexxion.com)  
or call 1-800-848-3895 ext. 245



Inflexxion, Inc., 320 Needham Street, Suite 100, Newton, MA 02464

The study is funded by a National Institutes of Health (NIH) grant to Inflexxion, Inc., an independent research firm. It has been approved by the New England Institutional Review Board. The Principal Investigator is Dr. Jonas I. Bromberg.

## RESEARCH STUDY FOR KIDS \$\$\$

- Do you have a child between the ages of 9-13? If yes, you and your child can participate in a University of Maryland study on adolescent risk taking.
- You and your child will attend a 2 hour session at the College Park campus where you'll both fill out questionnaires and complete a non-violent computer game.
- Your child will receive prizes valued up to \$25 and you will receive \$25 in cash (opportunity to earn more)

Call us at 301-974-7425

This study is sponsored by the National Institute on Drug Abuse

Travel cheaper

Tips and inside info.

Travel.

Wednesdays in Express.



**fit**

GET Tuesdays in Express  
A weekly section about how to look and feel and be your best.

**express**  
A publication of The Washington Post

health | fitness | nutrition | grooming  
beauty | fashion | relationships | and much more

express

A publication of The Washington Post

# Reach over 310,000 readers daily

# express marketplace

JOB • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

SAVE 25%  
by running  
your ad  
Mon. - Fri.

To place a classified, call  
**202-334-6200.**

To advertise a job, call  
**202-334-4100.**

Credit cards accepted.



xx1561x10.5

## JOBS

**ACTORS/MOVIE EXTRAS**  
Earn \$150-\$300/day. All Looks, Types & Ages.  
800-340-8404 x 2127

**Barbers** Near Wheaton Metro. No clientele necessary. Call 301-343-3501

### Bond 45, A New York, Italian Steak and Seafood House

Opening at National Harbor  
Now Hiring for All Restaurant Positions  
Previous FINE DINE

restaurant experience required  
Job Fair - Tuesday, October 6th  
Embassy Suites Hotel 10:00am - 7:00pm

1900 Diagonal, Alexandria  
Job Fair Wednesday, Thursday, October 7th and 8th  
The Sunset Room, 137 National Plaza, Suite 200,  
National Harbor, MD 20745  
Email [humanresources@thefiremangroup.com](mailto:humanresources@thefiremangroup.com)

### CASHIER & STOCK CLERK

Liquor store in Upper NW area. FT. Hiring immediately. Apply in person at 3500 Wisc. Ave. NW, DC

### CUSTOMER RELATIONS

**HIRING IMMEDIATELY!** Authorized energy Consultant. Training provided. Looking for leadership ability. Fun environment! Students Welcome  
Call Now! 301-685-1110

### DANCERS

Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Please send a text msg for info: 240-286-3660.

### DRIVERS

#### BRINKS JOB FAIR

Thursday, October 8, 2009  
9am - 5pm

The oldest, largest and most respected company in the armored car industry is seeking Drivers, Messengers, Guards, and P/T & F/T Diesel Mechanics. You must have a clean criminal record, good driving and credit history, be at least 21 years or older, US citizen, and be able to carry and qualify with a fire arm. All training provided by Brinks.

- Medical, Dental, Vision, Life
- Overtime over 40 hours
- Paid Vacation and Holidays
- Company matching 401k
- Tuition reimbursement

Apply on line at: [www.brinksinc.com/apply](http://www.brinksinc.com/apply)  
Location of Job Fair:  
Hilton Garden Inn Greenbelt  
7810 Walker Drive, Greenbelt, MD 20770

### HOTEL



Attention Job Seekers  
Doubletree Hotel currently has  
openings For:

- Banquet Manager
- Restaurant Supervisor
- PT Bqt Hspsrn/AV Tech
- PT PBX Operator/FD Clerk
- PT AM (Hostess)
- PT Rm Sv Cvr
- Room Attendants
- Bell Person

1515 Rhode Island Ave. NW 20005  
PH 202-521-7132  
Apply in person or on line at  
[Davidsonhotels.com](http://Davidsonhotels.com)  
AA/EOE

**MODEL CALL-** No exp. All look, sizes & ages. Sunday 10/11, 4:30-7 @ Howard University. Blackburn Center. 301-805-9140. COLEJAG@AOL.COM

**SALES REPRESENTATIVES**  
DIRECTV. B2B. Reps needed. High Pay rate. Starting Bonuses. Highest performance bases in industry. Training Provided. Call Now! 301-685-1110

**SECURITY**  
Unarmed Security Guard  
VA-DCJF unarmed security guard needed.  
Please Call 443-277-7920

**SIGN LANGUAGE INTERPRETERS** - for college classes and other assignments. Dr Rosen: 703-628-5472, [rosenlaw11@gmail.com](mailto:rosenlaw11@gmail.com)

**Teachers** - For Woodridge Daycare Center in DC. CDA certification required. Must pass FBI background check. Call 202-269-9331 or 202-373-0672

**Telemarketer - Leadership.**  
Get \$100k/yr salary+bonus!  
Cold call. Ken 240-351-5397

## CAREER TRAINING

### #1 BAR SCHOOL

- Serving DC since 1968
- 1, 2, or 5 week programs
- Awesome job placement service
- On Metro and Free Parking

(703) 841 9700  
[www.bartending-school.com](http://www.bartending-school.com)  
CTO-SCHEV

### A Bar Career

in 1-2 Weeks

- Days, Evenings & Weekend Classes
- Free Lifetime Job Placement Assistance
- Approval by the State of MD
- National Alcohol Awareness Certificate (T.I.P.S.)

Call for nearest location 1-866-411-2MIX  
[www.authenticbartendingmd.com](http://www.authenticbartendingmd.com)

### Are You Unemployed or Underemployed?

Come get FREE EMS Paramedic Training for those who qualify. Must be a DC resident and meet DOEs eligibility requirements. Call about your new career today! Close to Metro Center. (202) 552-7385

or email: [Thewestlinkci@live.com](mailto:Thewestlinkci@live.com)

### MIHT 10 Week Programs

- DENTAL ASSISTANT
- MEDICAL BILLING AND CODING
- PHLEBOTOMY

**1-866-611-6448**  
CTO SCHEV

**Insyte**

**InsyteTraining.com**

### DOD 8570 Certs!

\*\*call now for details

#### COMPTIA

A+, Network+, Security+

#### MICROSOFT

MCSE, MCTS, MCITP

#### CISCO

CCENT, CCNA, CCNP

#### SECURITY

CISSP, CEH, CHFI, CISA

### FINANCING AVAILABLE!

Veterans Benefits & GI Bill Approved

WIA Approved

Paid Internships &

Job Referrals!

DAY, EVENING &

SATURDAY CLASSES

LOWEST PRICES!

**CALL 703.535.8600**

### WESTWOOD COLLEGE

Earn a bachelor degree in just three years at Westwood College

Call 877-852-9712 today to receive your free Career Success Kit!

## MEDICAL BILLING &

## CODING SPECIALIST

**In 10 Weeks**

**1-866-611-6448**

CTO SCHEV

### Learn Medical BILLING & CODING

Financial Aid if qualified

Job Placement Assist.  
Day, Eve, Weekend

**Sanz**

**1(888) 407-8222**  
CTO SCHEV  
Programs and schedules may vary by campus

### A better tomorrow starts today!

Offering career training in IT and Networking Design

Call Now to Change Your Life!

**1-866-203-9186**

[www.ACIDifference.com](http://www.ACIDifference.com)

3 Convenient Locations

- Wheaton • Baltimore • Columbia
- Financial aid available to those who qualify.



### A better tomorrow starts today!

Offering career training in Medical Assisting

Call Now to Change Your Life!

**1-866-203-9186**

[www.ACIDifference.com](http://www.ACIDifference.com)

3 Convenient Locations

- Wheaton • Baltimore • Columbia
- Financial aid available to those who qualify.



### WESTWOOD COLLEGE

Earn a bachelor degree in just three years at Westwood College

Call 877-852-9712 today to receive your free Career Success Kit!

[www.westwood.edu/locations](http://www.westwood.edu/locations)

### MEDICAL LEARNING CENTER

DAY, EVENING & WEEKEND CLASSES:

**L.P.N. | C.N.A.**

Licensed Practical Nurse

Certified Nurse Assistant

1840 Wilson Boulevard, Arlington, VA  
**703-527-0055** • Certified SCHEV • Approved VBON

### JOBS

### JOBS

## CAD

Earn a degree in computer-aided design at **Westwood College**. Call 800-342-2249 today to receive your free Career Success Kit! [www.westwood.edu/locations](http://www.westwood.edu/locations)

## CONSTRUCTION MANAGEMENT

Earn a degree in Construction Management at Westwood College. Call 877-789-7323 today to receive your free Career Success Kit! [www.westwood.edu/locations](http://www.westwood.edu/locations)

## PHLEBOTOMY

**In 10 Weeks**

**1-866-611-6448**

CTO SCHEV

TRAIN FOR A CAREER AS A HOMELAND SECURITY SPECIALIST AT EVEREST COLLEGE!

Graduate in less time than you think!

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE!

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

CALL NOW!

1-888-461-3609

Visit us online at [www.SeeEverest.com](http://www.SeeEverest.com)

VA Schools are

CTO SCHEV

**Everest**

COLLEGE

MAKE A DIFFERENCE, even with the little ones!

Train for a healthcare career in less time than you think. You could learn:

- MEDICAL ASSISTING
- DIAGNOSTIC MEDICAL SONOGRAPHY
- PHARMACY TECHNICIAN, and more!

CALL NOW 888-805-2333

Your new life is waiting!

**Sanford-Brown Institute**

8401 Corporate Dr. Ste 500 • Landover, MD 20785

**Sanz** since 1939 Learn **PHLEBOTOMY**  
12 Weeks: Eves, Sat or Sun  
**1(888) 461-8181**

**APRENDA INGLES** **Sanz** since 1939

Se Habla Español

Ayuda Financiera si califica

**1(877) 844-2505**

Become a Certified Computer Technician

**CTI** Career Technical Institute

**888.639.6244**

Become a Medical Billing and Coding Professional

**CTI** Career Technical Institute

**888.639.6277**

## CAREER TRAINING

Earn Your Degree  
**MEDICAL ASSISTANT**  
**SANZ** 1(888) 407-8222

**Become a Massage Therapist in just 7 months!**  
Call National Massage Therapy Institute Today!  
CTO-SCHEV  
800-859-2214

# Train For Today's Hottest Careers Get The Skills Employers Want Today!

**Medical Administration:**

- :: Billing & Coding
- :: Receptionist
- :: Claims Adjuster
- :: Insurance Processor

**Office Administration**

- :: Administrative Assistant
- :: Receptionist
- :: Accounting Assistant
- :: Accounts Payable & Receivable

**CALL 888-639-8766**

**CTI** **Career Technical Institute**

2131 K Street, N.W. Between 21st & 22nd St.

Financial Aid Available if Qualified/Placement Assistance Available

CAREER TRAINING

CAREER TRAINING



# Train to become a **MEDICAL ASSISTANT**

Open career doors with a  
**Diploma**  
in as few as 7 months!

**NEW DC  
LOCATION!**  
at  
**METRO CENTER**



...or open doors wider with a  
**Degree**  
in as few as 14 months!

Financial Aid If You Qualify  
Career Placement Assistance  
Day, Evening & Weekend Training  
Convenient DC, MD & VA Campuses



Accredited  
by COE

**1(888) 407-8222**

[www.sanz.edu](http://www.sanz.edu)

GO!

Programs and schedules may vary by campus

**PHARMACY TECHNICIAN TRAINING!**  
Learn the skills you need to work in pharmacies at drug stores, hospitals, grocery stores and more!  
**CALL TODAY! 888-805-2333**  
**SANFORD-BROWN INSTITUTE**  
8401 Corporate Dr. Suite 500 Landover, MD 20785

**PREPARE FOR A NEW LIFE!**

Make a difference, even with the little ones as a Diagnostic Medical Sonographer. Train in less time than you think!

**Career Services Available**

Financial Aid for those who qualify. Training includes an externship!

**For a Brochure, Call Now!**

**888-805-2333**

**SANFORD-BROWN INSTITUTE**

8401 Corporate Dr. Ste 500  
Landover, MD 20785

**TRAIN FOR A CAREER IN MEDICAL ASSISTING AT EVEREST COLLEGE!**

Graduate in less time than you think!  
**TRAIN FOR A CAREER IN MASSAGE THERAPY AT EVEREST COLLEGE!**

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

**CALL NOW!**

1-888-291-1351

Visit us online at [www.SeeEverest.com](http://www.SeeEverest.com)

VA Schools are CTO SCHEV

**Everest COLLEGE**

**Everest INSTITUTE**

CAREER TRAINING

**BUSINESS AND FINANCIAL OPPORTUNITIES**

**LEADERS WANTED**  
RECESSION-PROOF INCOME  
Without Giving Up What You Do  
(301) 942-1166

**YES AVON CAN BE THE ANSWER**

Avon offers a unique opportunity to start a business for \$10 with support of a \$10 Billion Global Co. You are in business for yourself but not by yourself. Ted & Kim Middleton, Independent Avon Sales Reps 301-248-7955.

**ANNOUNCEMENTS**

Got Computer Problems?—Call Cheap Squad @ 202-210-2015  
Ask About Our \$75/\$50 Special!

**STUFF**

3Pc King Pillowtop matt set. \$235. New in plastic. Can deliver. 301-399-7870

3Pc Sofa set \$395. New in Cartons. Microfiber Chair available. 301-343-8630

6Pc Cherry Bedroom set. New in boxes. Take \$445. 301-399-7870

A bed \$145 Queen Pillowtop mattress set. New in plastic. Can del. 240-372-6691

**CAREER TRAINING**

**BLOWOUT SALE!**  
Carpet \$1.69 sq ft. Hardwood floor \$5.98 sq ft.  
Price includes installation. 301-341-2499.

**Cherry Bedroom Set-Solid Wood**—never used, new in factory boxes. English Dovetail. Orig cost \$4500. Sell \$795. Can deliver. Tom 202-558-2136

**DELL LATITUDE LAPTOP**—\$319, D610 MODEL, FACTORY REFURBISHED LIKE NEW, 2 MOS. WARRANTY 301-864-0150

**LEATHER LIVING ROOM SET-In**—Orig. Plastic, Brand New. Orig price \$3000, sacrifice \$975. Can deliver. Bill 202-558-7647

MATT \$120 full sz set. new in plastic. Can del. 240-372-6691

**SALES & AUCTIONS**

**Purcellville**—100+ Yard Sales! 7th Annual Townwide Tag Sale & Antique Flea Mkt 10 Oct (8-3) 11 Oct (10-3) Map to sites and more info @ townwidetagsale.com

**PETS**

**ADOPT A CAT/KITTEN**—Vet checked. Call Feline Foundation. 703-920-8665 [www.fffw.org](http://www.fffw.org)

**BAD CREDIT**—Removed from Credit Report. Guaranteed. 202-775-6932

**COCKAPOO & BICHON SHIH TZU PUPS**  
2 litters, blk Cockapoos; multi clr Bischon Shih-Tzu's S & W. 8 wks. \$400-450 301-854-3540

**CAREER TRAINING**

# ATTENTION!!!

To help you become a Medical Assistant, Global Health Nurse Training Services has an amazing offer. We are offering a Medical Assistant Training class for **\$3000!!!** Only the first **30** Qualified Students will be accepted. Call **703-212-7410**



CAREER TRAINING

CAREER TRAINING

**THE SKILLS  
YOU NEED FOR SUCCESS**



**ACT** College  
ALLIED HEALTH TRAINING  
IT'S ALL WE DO!



- ◆ medical assisting
- ◆ medical office admin
- ◆ medical imaging
- ◆ dental assisting
- ◆ pharmacy tech

arlington • alexandria • manassas

**ACT Now: 866-970-8484**  
[www.actcollege.edu](http://www.actcollege.edu)

CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS  
1100 WILSON BLVD, MALL LEVEL • ARLINGTON, VA 22209

## PETS

GERMAN SHEPHERD PUP- 1 lg M left, AKC, large boned, black/red, parents on premises, vet check guarantee. \$500. 8wks. Call 540-860-1579

Scottish Terrier—\$650, Wheaten male, AKC/all shots, family raised, 11 weeks old, tam.o@cox.net, 804-966-9988

YORKIE & MALTESE—Downsizing due to hth. 8 wks & up. All sizes, S/W, M/F, AKC lines, Adults avail. \$600+. 540-894-5333 or 703-346-4064

Yorkshire Terri—\$600.00, for Tiny & cute 7 AKC Males, 9 wks, 1st S/W home-raised, Bk/Gd call 301-395-5690

## RENTALS

16TH & E ST - Close to Rosedale, newly renovated. 1 BR + den, CAC, available immediately. \$800+ utilities. Call (703)307-0342

ADELPHI, MD. EHO

WHAT'S NOT TO LIKE?

Completely Renovated  
1 1/2 Months FREE!

■ New appliances  
■ Open living areas  
■ Controlled access buildings  
■ UMD Shuttle Stop on-site  
■ Minutes to I-495  
■ 1,2 and 3 BRs available

ARBOR VISTA  
301-825-9046

New  
Lower Rents  
DISTRICT HEIGHTS

Valleybrook Apartments

• Newly Renovated Kitchens & Baths  
• Wall-to-Wall Carpet  
• Private Patio or Balcony  
• Individually Controlled Heat & AC

888-842-3442

2128 County Road

We Pay Gas and Water\*

United Investors  
MANAGEMENT CORP

ADELPHI EHO

If You See It,  
YOU'LL WANT IT!!

- Better than new renovations
- New kitchens
- Controlled access buildings
- Direct bus service to Metro
- 1 & 2 BRs available

1 1/2 Months FREE!

Sienna Creek 301-825-9045

AFFORDABLE FORECLOSURES!  
4BR 2BA \$269/mo! 3BR 2BA \$219/mo! (5% dn,  
15yrs @8% for Listings 800-585-3617 X R716

ALEXANDRIA  
1ST Month FREE!

OAKS OF WOODLAWN

799 Old Colony Way, Alex, VA 22309

1 Bedroom \$1075  
2 Bedroom \$1315

- Great location five minutes to Ft. Belvoir
- 15 min or less to 95, 495, DC, Old Town
- Full size washer/dryer in each apartment
- 24-Hour Emergency Maintenance
- Free water and trash

CALL TODAY FOR DETAILS!  
(866) 711-7880  
\*MOVE IN BY 10/15

Alexandria—\$1350, King St-1 br, 1 ba, Gar/Parkng, Nr Pub Transp, Newly Ren, view, 815-540-8511

Free Utilities  
All Apts. \$100.00 Off  
per month\*

FORESTVILLE

PENNBROOKE TERRACE

- Utilities Included
- Central Heating & AC
- Swimming Pool
- Playground
- Cable Ready
- Laundry Facilities
- Close to Schools and Shopping
- Wall-to-Wall Carpet

888-837-1856  
5042 SILVER COURT

United Investors  
MANAGEMENT CORP

\*See Manager for Details

• UNITS READY FOR IMMEDIATE MOVE IN\* • 5% DISCOUNT FOR POLICE, FIRE, MILITARY\* • SECURITY DEPOSITS FROM \$99\*

Foreclosures can happen to good people too. See our leasing agent & learn how to rent AT one of our apt. COMMUNITIES even if you've had a foreclosure.

FAIRFAX

GET AWAY FROM IT ALL...EVERY DAY!!

Vienna Park  
Apartment Homes

CALL US TODAY! 877.771.2065



212 CEDAR LANE, VIENNA • SOUTHERNMANAGEMENT.COM  
A SOUTHERN MANAGEMENT COMMUNITY



Alexandria

Huntington Garden Apartments  
Completely renovated throughout

- Full Kitchens with microwave/ice makers
- Granite Islands
- Walk to Huntington Metro
- Ceramic Tile baths
- Less than 1 mile to I-95/495
- Individual climate control
- Walk to shops and restaurants
- Hardwood/Carpet Fitness Center
- Cyber cafe

1,2, 3 bedrms starting at \$975

Call 703-507-0004 for more  
information and to arrange a tour

Alexandria, VA EHO

Meadow Woods  
Apartments

Minutes to Metro, Shopping &  
Entertainment

HUGE FLOOR PLANS  
BRAND NEW RENOVATED KITCHENS & BATHS

GREAT AMENITIES INCLUDE...  
Resort Style Pool... Fitness Center coming  
soon... Party Room

GREAT SPECIALS UPON MOVE IN

Beautiful 1 Bedrooms from \$910-\$1095

Call Now (888)823-7689

some restrictions may apply

Ar/Ballston/AltaVista - Compl. furnd, turnkey  
1, 1 BR. Steps to Metro, new kitch, price incl:  
phone/ HD TV/cable/ util/DSL Gym. 24hr Desk. 6  
mo lease. NS/NP. \$2200/mo. 703-629-5368

Baileys Crossroads—\$1600, 1 br, 1 ba, P/H STE,  
NEWLY REN, BALC, UTL INC, A MUST SEE 703 434  
0259

Bethesda—WHITMAN-BURNINGTREE SCHLS  
\$1890, Spotless 4 br 3.5 ba TH in million \$ enclave.  
New t.s. Kitchen, deck, parkingNear NIH, Balducci's  
202-497-1333

Bethesda—Bethesda, 4br 4ba colonial \$4,000+util.  
Fam rm w fireplace, hw floors, garage, near bus,  
Metro. Excellent condition. 240-460-8732.

BRANDYWINE Rent/opt to buy SFH, 4BR/3BA,  
15 min AAFB, short term, poor credit OK. \$2,900  
(301)782-4066 or ladYsmith530@yahoo.com

Great dates  
start here.

Concerts, movies,  
events, restaurants  
and more.

express  
nightout  
expressnightout.com

XXI72 Ix4

Arts District in Hyattsville

MOVE-IN  
SPECIAL

1 & 2 Bedroom Apartments

Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping & Metro

CASTLE MANOR  
Call TODAY!  
866-464-0993

Beltsville

Stevens Walk  
10407B 46TH Avenue  
Beltsville, MD 20705  
301-937-8398

1BR \$999  
2BR \$1190

\$300 Off 1st Month's Rent!!!

\*Spacious Floorplans  
\*Wall to Wall Carpeting  
\*Balconies or Patios  
\*Convenient to Shopping & the Capital Beltway  
\*24 hour Maintenance Service  
\*Free Off Street Parking

William C. Smith + Co./EHO  
www.wcsmith.com

CAP HEIGHTS—4800 Leroy Gorham Dr. Renovated,  
4BR, 3BA, w-w carpet, eat-in-kit, driveway, large  
backyard, nr Metro. \$1650. Delwin 202-561-4675

CAP HILL—11th & 6th St NE, fully furn. 1BD, LR,  
bedrm, furn., dishes, micro., linens, W/W wind.  
AC, prkg., Nr subway & shops. 202-543-2254

Capital Heights EHO

Woods At Addison  
6500 Ronald Rd.  
Capital Heights, MD 20743  
888-291-7383

2 BR Specials  
Starting at \$1020

Spacious Floor Plans  
Huge Closets  
On-Site Laundry Facilities  
Resident Controlled Access  
Choice of Patio or Balcony

William C. Smith & Co.  
www.wcsmith.com

Capitol Heights EHO

Highland Ridge  
Apartments

First Come-First Serve  
1 Bedrooms from \$799.00  
2 Bedrooms from \$899.00

FREE application Fee plus  
\$300 MOVES YOU IN  
HURRY! Only a Few Apartments Left  
Must move in by October 15th

888-240-4569

Capitol Heights

Capital Courts  
6936 Walker Mill Rd.  
Capitol Heights, MD 20743  
(866) 204-8062

3BR Special Starting At \$1030

• Great Location  
• Metro Accessible  
• Central Heat and A/C  
• Individual Patios or Balconies  
• Available for immediate move-in

William C. Smith + Co./EHO  
www.wcsmith.com

Carlyle @ Harbor Pointe

Newly Renovated Apartment Homes  
Only Gated Community in Oxon Hill, MD  
Wall to Wall Carpet  
Upgraded Kitchen with Breakfast Bar  
Minutes away from New National Harbor  
Military discount available

Call for Specials  
1 BRs \$699.00  
2BRs \$799.00  
3BRs \$999.00

5618 Livingston Terrace  
Oxon Hill, MD 20745  
1-877-644-5313 office

Hours: Mon-Fri 9-6, Sat 10-5, Sun 1-5  
Tues and Thurs Open Late  
We are a Pet Friendly Community

Cleveland Park—Frn Studio, modern incl util/gym,  
1blk 2 metro/shops Yr lse. Safe area \$1450 571-  
594-1444

FALL INTO SAVINGS  
ELSINORE COURTYARD  
APARTMENTS

NO APPLICATION FEE!! \$99 SECURITY  
DEPOSIT!! ONE MONTH FREE RENT!!  
IMMEDIATE MOVE IN'S!!

1 BRs FROM \$735 TO \$785  
2 BRs FROM \$835 TO \$865

• BEAUTIFUL HARDWOOD FLOORS  
• WALK IN CLOSETS  
• SELECT UNITS WITH ALL UTILITIES INCLUDED  
• SELECT UNITS WITH PATIOS OR BALCONIES  
• PLAYGROUND  
• OFF STREET PARKING  
• 24 HR MAINTENANCE  
• LAUNDRY FACILITIES ON COMMUNITY

CALL FOR MORE DETAILS  
ELSINORE COURTYARD APARTMENTS  
5312 E STREET SE  
WASHINGTON, DC 20019  
202-581-3687

Falls Church—\$1295.00, 1 br/1 den/1 bath Wood-  
lake Towers. Freshly painted. Call 703-863-6611

PENN  
LANDING  
APARTMENT HOMES

LIMITED TIME SUPER SPECIAL!  
1 BRs FROM \$699  
2 BRs FROM \$799

\$99 MOVES YOU IN!

DON'T DELAY!

CALL 301.735.3200 NOW!  
www.pennlandingapts.com

FCP OWNED

MANAGED WITH PRIDE BY

GATES + HUDSON

Forestville No application fee! 2 bdrrs imm  
move in includes w/d inside apartment, cac, d/w,  
w/w carpet all credit considered.

CALL for Specials! 1-888-568-1730 EHO

Forestville EHO

OAKCREST TOWERS  
APARTMENT HOMES  
ALL UTILITIES INCLUDED\*

SPACIOUS STUDIOS FROM \$649  
HUGE 1 BEDROOMS FROM \$879  
HUGE 2 BEDROOMS FROM \$1199

Controlled Access...Gated Entry...Tennis Courts  
Fitness Center...Convenience Store...Dry Cleaners...  
1.5 Miles to Metro...Party Rooms...Accent Walls...  
Brand New Renovated Apartment Options...and so much more!!!

For a limited time only /  
SOME RESTRICTIONS APPLY

CALL NOW

(888) 831-6315

2100 BROOKS DRIVE  
FORESTVILLE, MD 20747

\*FOR A SMALL FEE  
WWW.OAKCRESTTOWERS.COM

RENTALS

RENTALS

RIVERDALE

1, 2, &amp; 3 BR Apts Huge 2 BR Townhomes

# Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

## GATED COMMUNITY

Beautiful Kitchens - Granite Countertops

- Fitness Center on Property
- Beautiful Kitchens- Granite Countertops\*\*
- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

\*\*Select Units

FREE CABLE & INTERNET  
1 BRS ONLY\*  
1-BRS from \$895  
\*Subject to change.  
Call for details.

LANDOVER

# Kings Square Apartments

877-898-6958

3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

Call Now  
For Our  
FANTASTIC  
SPECIAL

HYATTSVILLE

# Fleetwood Village Apts

866-315-8849

721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

MOVE IN  
NOW OCT.  
RENT FREE

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
CALL FOR FANTASTIC SPECIALS!

RENTALS

RENTALS

LANDOVER

# Maple Ridge

888-583-3045

2252 Brightseat Road • Landover, MD 20785

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

CALL ABOUT  
FANTASTIC  
SPECIALS  
1 BR FROM  
\$850  
(SUBJECT TO  
CHANGE)

OXON HILL

# Colonial Village

888-583-3047

908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT  
FANTASTIC  
SPECIALS

LANDOVER HILLS

# Calvert Hall Apartments

877-203-6036

3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- FREE APP FEE W/THIS AD

ASK  
ABOUT OUR  
MOVE-IN  
SPECIAL

HYATTSVILLE

# Fletchers Field Apartments

866-805-0782

5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

CALL  
ABOUT  
FANTASTIC  
SPECIALS

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
CALL FOR FANTASTIC SPECIALS!

EQUAL HOUSING  
OPPORTUNITY

Fort Washington

EHO

**2 bedrms fr \$950  
3 bedrms fr \$1175**

- \* Walk-in closets
- \* Full equipped kitchen
- \* Patios & balconies
- \* Convenient to 495 & 295

# River Pointe

888-261-8640

8340 Indian Head Highway  
Fort Washington, MD 20744

Germantown—\$1400, 2 br, 2 ba, near Clopper & Geneca Hwy, Germantown, MD. Nr Pub Transp, Newly Ren, WD, Eat-in Kit, 301-603-9637

GREENBELT Within Walking Distance to Metro

**EMPIRIAN VILLAGE HAS IT ALL!**  
Apts start at \$ 769\*

**UP TO 2 MONTHS FREE ON OUR TOWNHOMES!**

All Credit Considered  
Foreclosure Applicants Welcome  
5 Minute Pre-Approval

866-513-7965

6220 Springhill Dr., Greenbelt Md 20770  
limited time offer. Call for Details!

\*limited time offer!

HYATTSVILLE

**1BRs \$675  
2 BRs  
starting at \$729  
3 BRs  
starting at \$925**  
Electric/Gas Not Included

Close to public  
transportation &  
shopping center

**Call now for details  
301-277-6610**

Hyattsville-Md-Beautiful Garden Style Apts all utilities included & FREE parking Close to 410 and Rt. 1, bus lines, PG Plaza, AVAILABLE NOW!  
Call 301-779-6037 or Visit [WWW.UIPPM.COM](http://WWW.UIPPM.COM)

Landover—\$1300+utils, 2 br, 1 ba, w/posse 3rd br in bsmr 240-893-4065

Landover

# Summer Ridge

ONE MONTH FREE RENT!\*

1 BRs from \$835

2 Brs from \$910

3 Brs \$1200

\$250 Security Deposit

Less than perfect credit

and foreclosures welcome

• Semi-Gated Community

• FREE After Care Program

• Central AC/Heating

• Computer Lab

• Wall-to-Wall Carpeting

• Free Parking &amp; Metro Accessible

866-658-2877

[www.summerridgeapartments.net](http://www.summerridgeapartments.net)

1829 Belle Haven Drive, Landover MD 20785

Mon-Fri: 9-7 • Sat: 10-5 • Sun: 12-4

\*Restrictions apply.

Lorton—\$995, Quiet Cottage 1 br, 1 ba, + den call 757-677-6118

MONTGOMERY CO. Townhomes for Rent!  
\$400 OFF SELECT TOWNHOMES!

3BR, 3 lvl. THs starting at \$1341!

Master BR, W/D, near shopping, dining, &amp; major

highways. Various locations throughout Mont-

gomery County. Income restrictions apply.

Call to schedule an aptn. 301-762-5455

Leasing Office located in Rockville

# Timberlawn CRESCE

N. Bethesda townhomes only 1/2 mi from

Grosvenor Metro on Tuckerman Lane

**NOW OFFERING \$250 OFF  
FIRST MONTH'S RENT &  
NO APPLICATION FEE**

2 Bedroom 2 bath with den starting at \$1,875  
Includes Free Parking

877-461-7603 | 5707 Luxemburg St.  
[Bozzuto.com/TimberlawnCrescent](http://Bozzuto.com/TimberlawnCrescent)

NORTHEAST

# PURE PLEASURE!

Fort Chaplin Park  
4212 East Capital St. NE

One Block from Metro - Free Off-Street Parking  
Window Treatments - Landscaped Courtyards  
One & Two Bedroom Apartment Homes  
Three Bedroom Townhomes  
5% Disc. Metro & DC Govt Employees

877.269.4216

M-F 9-5. Sat 11-3

Housing Choice Vouchers Welcome where Rents  
are Within Voucher Limits

NW - 1BR \$915 incl util. Laundry on-site.  
Sec. Dep.\$500 Ft Stevens Prop 301-316-4590

NW Brightwood -Eff 1BR & 2BR Apts. Available  
NOW! Close to multiple bus lines, downtown DC,  
Downtown Silver Spring Located on quiet tree  
lined street starting at \$700 and up  
Call 202-244-3811 or Visit [WWW.UIPPM.COM](http://WWW.UIPPM.COM)

NW-Columbia Heights

Ole' Man WINTER is near. FALL into the "Hidden  
Jewel"

Hilltop House Apartments  
1475 Euclid St. NW  
Washington, DC 20009

(888) 636-6513

EFF: \$1005

\*FREE Utilities  
\*Central AC/Heat  
\*Hardwood/Carpet Flooring  
\*Breakfast Bar  
\*Resident Controlled Entry  
\*Laundry Facility  
\*24 Hrs. Emergency Maintenance Srv.  
\*Metro Accessible  
\*Around the corner from Target-Best Buy-  
Harris Teeter & More!  
\*Across from the Historic Meridian Park!

William C. Smith + Co./EHO

[www.wcsmith.com](http://www.wcsmith.com)

Great dates  
start here.

Concerts, movies,  
events, restaurants  
and more.

**express nightout**  
[expressnightout.com](http://expressnightout.com)

## RENTALS

NW

Columbia Heights Living...  
Wardman Court Apartments

1 Bedrooms Rent from \$957.00 + Electric

Immediate Occupancy

CALL TODAY! (202) 518-3030  
M-F 9am-5pm

**FOREST HEIGHTS**  
**Park Forest**  
**END OF SUMMER SPECIAL**  
**1 BR \$790 - 2 BR FROM \$950**

- Large swimming pool/tennis courts
- Walking distance to shopping
- Beautiful manicured lawns
- Wall to Wall Carpet
- Window in kitchen & bath
- Controlled building access
- On site laundry rooms

**625 Audrey Lane, Oxon Hill, MD 20745**  
**877-221-7315**  
**www.theparkforest.com**  
M-Thur 9-7pm • Fri 9-6pm • Sat 10-5pm • Sun 12-4pm

*Instant Approval*

Oxon Hill—\$1,850 Lease, 3br, 3 1/2ba, Large TH, DW, WW, WD, Hw Flrs, Gar, CAC, 240-481-5083

Oxon Hill—\$1,850 Lease, 3br, 3 1/2ba, Large TH, DW, WW, WD, Hw Flrs, Gar, CAC, 240-481-5083

## PARKWAY TERRACE APTS

**\$499 MOVES YOU IN\*  
1 & 2 BRs fr \$770**

- Walk to Metro/Tennis Courts
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tables and bbq grills

MAXIMUM INCOME LIMITS APPLY  
301-735-5200  
3415 Parkway Terrace Drive Suitland, Md. 20748  
Mon-Fri 9-5 Sat. 10-4  
Managed by the E&G Group

\*PLUS DEPOSIT, CALL FOR DETAILS

Potomac—\$1990, CHURCHILL, POTOMAC SCHOOLS spotless Historic residence, totally updated on 1 acre, 4 br, 2.5 ba Jacuzzi tub, Granite Kitchen, cac, Hardwood, fireplace, garage. 202-497-1333

## Rockville

Rocklin Park  
708 Lenmore Ave.  
Rockville, MD 20852  
301-294-9448  
2BR: \$1095\*Great Location  
\*Remodeled kitchens  
\*wall to wall carpet  
\*Walk to Metro  
\*Convenient to shopping and diningWilliam C. Smith + CO./EHO  
www.wcsmith.com

Rockville—King Farm, Large Luxury 2 br 2 ba Condo, Secure bldg, Attached gar, WD, Many upgrades, no smokers please, \$1999, 301-990-0836

Rosslyn—1B/1BA Luxury condo. Spectacular views of Potomac River, Jefferson and Two Jima memorials. Quiet, 900 sq ft, W/D in unit. Assigned indoor parking, storage, fitness center, pool, convenience store, 24 hr security. Close to metro, bike trails, Rte 50, 66 and GW Parkway. \$1850/mo Call 571-723-1243

Riverdale \$99 MOVE IN  
@ East Pines Terrace. Spacious studios, 1BR & 2BR's. Walk-in closet, balconies, Indry rm. Near PG Plaza & New Carrollton Metro. Starting \$695  
Delwin Realty 301-577-7917

## The CREST at Congressional Plaza

- 2 blocks to Twinbrook Metro
- Next door to shopping and dining
- Beautiful luxury apartments

**1 Bedrooms from \$1399  
2 Bedrooms are 2 MONTHS FREE**1620 East Jefferson Street  
Rockville, MD 20852  
**866-423-2775**  
CrestatCongressional.comSE Apartments- Sun lit Eff and 1br Available NOW! Starting at \$750 and up Close to Pennsylvania and Minnesota, multiple bus lines and metro Call 202-244-3811 or Visit [WWW.UIPPM.COM](http://WWW.UIPPM.COM)SE- Brand New beautiful 1br homes starting at \$1183 Private parking, W/D in unit, CAC, stainless appliances, dishwasher and so much more. Call 202-244-3811 or Visit [WWW.UIPPM.COM](http://WWW.UIPPM.COM)

S.E. DANBURY ST. — 1BR \$695 1st month rent free. Call 202-563-1791

SE Southern Ridge Apartments  
1 Bedrooms available for immediate occupancy!

- Minimum and Maximum income requirements set
- Move in specials with this ad
- Must move in by November 1, 2009 to qualify for move in special

Call Monday-Friday, 9am-5pm for details  
(202)562-3200

SE- 150 Xenia St. 1 &amp; 2 bdrm's, starting at \$725/mo+util. Secure building, priv parking, lg floor plan, on-site Indry facility. Delwin: 202-561-4675

SE **WOW! GREAT DEAL**

Come and see what the excitement is all about!

## River Hill Apartments

\*Take \$350.00 off 1st months rent on 1 BRs!  
\*Must move in by September 15th!  
\*No Application Fee on 1 BRs!  
2 BRs are available!

- Completely Renovated
- Large rooms w/wall to wall carpet
- Pools & Playground
- Laundry Rooms

\*Call Immediately!  
**(202) 562-5060**  
Near Bolling AFB

Professionally managed by CIH Properties, Inc.

SILVER SPR/Forest Glen Metro

**CONVENIENCE -PLUS!**

Ask About Our

**\$499****Move In Special****1 BEDROOM GARDEN APTS  
UTILITIES INCLUDED**

## Forest Glen Apartments

CALL TODAY! 301-593-0485

SE - 4200 South Capitol St. - Large 1 BR apt, sec bldg, hardwood floors, near Metro, off street parking. \$725+ utilities. Delwin 202-561-4675

SE- 4200 S Capitol St- Large 1 BR apt, secure building, hardwood floors, near Metro, off street parking. \$725+ utilities. Delwin 202-561-4675

S.E./Forest Cove —2BR Condo, washer/dryer, Central AC \$875 &amp; up, 202-889-9226.

Silver Spring—\$900, 1 br, 1 ba, 1836 Metzerot Rd, Adelphi, MD, heat, water, Elec, Balc, AC, 301-717-5618

Silver Spring

**WINDSOR COURT  
AND TOWER APARTMENTS**

GREAT VALUE, AFFORDABLE LIVING!

1 BR - \$799 plus 2 months free rent  
2 BR/ 2 BA - \$1100 plus 2 months free rent  
2 BR/ 2 BA/Den - \$1334 + 2 months free rent  
3 BR / 2 BA - \$1450 plus 2 months free rentSecurity Deposit starts at \$99 depending on credit  
Free Application FeeStop in or call today!  
**13802 Castle Blvd., #103**  
Silver Spring, MD 20904

888-255-6159

SE/30th ST. — 3064 30th St. 3 BR, LR, Dinette, AC, near Metro bus stop @ bldg. voucher ok \$1550. Call 202-489-3787

S.E./4196 Livingston Rd —2BR, Central AC, W/W. \$800+ utilities. 301.952.6495.

SE- 4215 1st St - Large 2BR Apartment, Hardwood Floors. \$775 + electric. Delwin 202-561-4675

**HUGE Apartments****1 BR \$880****2BR \$1025****3 BR \$1250**

- Washer/dryer in all apts.
- Oversized Closets
- Large balconies for relaxing
- On Metro bus line
- 2 & 3 BR w/Dens also available

**FOREST VILLAGE**  
**888-805-6423**  
4400 Rena Rd, Suitland, MD 20746

TEMPLE HILLS- pvt suite w/kitchen for rent, private ent, pvt. pkgs, nr Metro, N/S, N/P, all utilities included + sec dep. \$800/mo. 301-395-8335

**Welcome Home**

COLLEGE PARK, MD

**Seven Springs Village****888-425-8068**9310 Cherry Hill Road,  
College Park, MD 20740  
[SevenSpringsVillage.com](http://SevenSpringsVillage.com)from the  
\$900s

- Utilities Included
- Metro & UMD Shuttles
- New Fitness Center

**Summerlyn Place****888-804-3324**14706 Normandy Court  
Laurel, MD 20708  
[SummerlynPlaceApts.com](http://SummerlynPlaceApts.com)from the  
\$800s

LIVE FREE THRU 2010!

- Each apt. w/washer & dryer
- Designer Kitchens
- Up to Two Months Free

**Crestleigh****888-210-4306**9556 Muirkirk Rd.  
Laurel, MD 20708  
[Crestleigh.com](http://Crestleigh.com)from the  
\$1100s

LAUREL, MD

- All Utilities Included
- Each apt. w/washer & dryer
- Spacious homes w/deluxe kitchens

**Cypress Creek****888-217-1901**5603 Cypress Creek Drive  
Hyattsville, MD 20782  
[CypressCreekApts.com](http://CypressCreekApts.com)from the  
\$700s

HYATTSVILLE, MD

- Each apt. w/washer & dryer
- Eye-Opening Renovations
- Spacious and open floor plans

**Eastdale****888-469-3614**6021 67th Avenue  
Riverdale MD 20737  
[EastdaleApts.com](http://EastdaleApts.com)from low  
\$1000s

RIVERDALE, MD

- Spacious floor plans with huge closets and updated kitchens!
- Great location close to Metro

**Regency Pointe****866-906-4875**3253 Walters Lane  
Forestville, MD 20747  
[RegencyPointeApts.com](http://RegencyPointeApts.com)from the  
\$790s

FORESTVILLE, MD

- Huge apartment homes
- Walk to shopping and dining
- Near 495

**Colespring Plaza****888-892-1108**1001 Spring St.  
Silver Spring, MD 20910  
[ColespringPlaza.com](http://ColespringPlaza.com)

SILVER SPRING

- All Utilities Included
- Blocks from Silver Spring Metro
- Hardwood floors
- Rents from \$1168

**Rollingwood Apts****888-700-5456**2535 Ross. Rd.  
Silver Spring, MD 20910  
[Rollingwood-Apts.com](http://Rollingwood-Apts.com)

SILVER SPRING

- Fully Equipped Kitchen w/dishwasher
- Generous Closet Space
- Minutes to Bethesda & Metro

**Colesville Towers****888-784-5648**8811 Colesville Rd.  
Silver Spring, MD 20910  
[ColesvilleTowers.com](http://ColesvilleTowers.com)

SILVER SPRING

- All Utilities Included
- Hardwood Floors
- Metrobus and RideOn bus at doorstep

**Waterford Tower****888-892-1121**14000 Castle Blvd.  
Silver Spring, MD 20910  
[WaterfordTowerApts.com](http://WaterfordTowerApts.com)

SILVER SPRING

- All Utilities Included
- Oversized floorplans and closets
- Newly renovated Fitness Center

**Parkside East****888-702-1254**710 Roeder Rd.  
Silver Spring, MD 20910  
[ParksideEastApartments.com](http://ParksideEastApartments.com)

SILVER SPRING

- All Utilities Included
- Private Parking Garage
- Close to Silver Spring Metro

EQUAL HOUSING  
OPPORTUNITY

REALTYAPTS.COM

## RENTALS

NORTHWEST  
RENT NOW!  
FALL SPECIALS

Walter Reed Area  
6100 14th St., NW  
202-726-2973  
1br: \$895  
Plus Electric  
1401 Sheridan St., NW  
877-890-2229  
Eff: \$850  
1BR: \$976  
Plus Electric

Adams Morgan/Columbia Rd  
Parkside  
1702 Summit Pl., NW  
202-408-3202  
EFF: \$994  
1BR: \$1325  
All Utilities Included

Dupont Circle  
Baystate  
1701 Massachusetts Ave., NW  
888-430-7642  
Sm Eff: \$1295  
Lg Eff: \$1395  
All Utilities Included

Van Ness/UDC Metro  
Frontenac  
4550 Connecticut Ave., NW  
888-231-1883  
EFF: \$1235  
1BR: \$1535  
Plus Utilities

Cleveland Pk/Woodley Pk Metro  
2701 Conn. Ave., NW  
202-250-6933  
2BRs Starting At \$2400  
Plus Utilities

William C. Smith + Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)  
[Rentnow@wcsmith.com](mailto:Rentnow@wcsmith.com)

Great dates  
start here.

Concerts, movies,  
events, restaurants  
and more.

express  
**nightout**  
[expressnightout.com](http://expressnightout.com)

XXI72 Ix4

SE

The Colonnade  
13 Forrester St., SE  
1-888-865-0763

1BR Starting at \$735  
ALL UTILITIES INCLUDED!!!  
FREE HEAT!!!  
Controlled entry  
Near shopping, hospital & schools  
Walk-in closets  
Laundry facilities on-site  
24 Emergency maintenance  
Adjacent to 295, 395 & the Capital Beltway

William C. Smith & Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)

SILVER SPRING

**FREE and EASY**  
Looking is Free. Renting is Easy  
1 BRS fr. \$933.  
2 BRS fr. \$1168

- Washer and dryer in every apartment
- Sunny eat-in kitchen
- 24-hour fitness center
- Relaxing swimming pool
- Convenient to public transportation

**ASHFORD  
at WOODLAKE**

14175 Castle Blvd., Silver Spring, Md. 20904  
(877) 678-8539  
[www.ashfordatwoodlake.com](http://www.ashfordatwoodlake.com)

South East



PARK NAYLOR

- Central A/C & Heating
- Free Heat & Gas
- Community Center
- Large Swimming Pool
- Controlled Building Access
- Renovated Apartments
- Patios/Balconies
- Ask About Our Government and Senior Discounts
- 1 BR starting at \$895
- 2 BR SPECIAL \$999 - \$1,099
- 2 BR DUPLEX \$1,090
- 888-703-6882

2562 Naylor Road, SE • Washington, DC 20020

**ONE BEDROOMS**

Friendship Court  
Apartments

**NO RENT UNTIL NOV '09  
NO APPLICATION FEE  
NO DEPOSIT**

888-264-4495

New apps only/Immediate Move In  
OPEN SAT 10/3 & 10/10 (9AM - 1PM)  
CIH Properties, Inc.

**DON'T BE SPOOKED ABOUT  
MOVING THIS TIME OF YEAR  
CATCH THE GHOST BUSTER SPECIALS!**

- FREE App Fee
- FREE Move in Gift
- FREE Gas & Heat

**1 BR SPECIAL - \$755\***

\*New qualified applicants only  
\*Must move in by October 31st

**FRIENDSHIP CROSSING APTS.**

57 Galveston Street, SW  
Washington, DC 20032

**888-711-1543**

Professionally Managed by CIH Properties, Inc.

SOUTHEAST

EHO

**2 BEDROOM APTS.  
AVAILABLE NOW!  
\*ASK ABOUT MOVE-IN SPECIAL\***  
**Meadow Green  
Courts!**

Convenient to shopping, schools,  
Dishwasher. Walk-in closets.  
.W/W carpeting.  
5% DISC. TO METRO & DC GOVT EMPLOYEES

**877-595-7389**

3539 A Street SE

Housing Choice Vouchers welcome where rents are  
within Voucher program limits

**William C. Smith + Co./EHO**

Southeast

**Meadowbrook Run**

3647 6th St., SE  
(877) 819-3121

**1BR Special Starting At \$700**

- Newly Renovated Property with Large Floor Plans
- Free After-School Learning Program
- Resident Control Access
- Large, Walk-in Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat
- 3BRs also available

**William C. Smith + Co./EHO**

[www.wcsmith.com](http://www.wcsmith.com)

SW- 134 JOLIET ST- 2BR, near metro, private  
entrance, w-w, pay gas/electric. \$750.  
Delwin Realty 202-561-4675

SOUTHWEST

**EFFICIENCY  
1 AND 2 BEDROOM APTS  
AVAILABLE NOW!**

W/W carpet, Central Air/Heat, Dishwasher, Laundry facility, Free Parking  
A Perfect location on Metro

**Eagle's Crossing**

116 Irvington Street SW,  
Washington DC 20032

**(866) 416-1325**

M-F 9-5, Sat/Sun 10-4  
Housing Choice Vouchers Welcome



Temple Hills

**OXON PARK & OXON TERRACE  
APARTMENTS**

**EZ ON THE BUDGET**

**1-BEDROOM \$735.00/\$805.00**

**2-BEDROOM \$845.00/\$925.00**

**AND A GREAT MOVE-IN  
SPECIAL FOR YOU  
1/2 OFF 1ST MONTHS RENT**

- ALL UTILITIES INCLUDED
- WALL-WALL CARPET
- 3 BLOCKS FR SOUTHERN AVE. STATION
- READY FOR IMMEDIATE OCCUPANCY
- HURRY!!! LIMITED TIME
- CALL US TODAY! 301 894-3030

**NOW LEASING**

Studio | 1BR | 2 BR  
Call for Daily Specials

**888.311.0910**

**GEORGIAN**

8750 Georgia Avenue | Silver Spring | MD 20910

[leasing@georgianapts.com](http://leasing@georgianapts.com) | [GeorgianApts.com](http://GeorgianApts.com)

SUITLAND

**2 Blocks to Metro**

1 & 2 BRs  
starting at \$850

- Washer/dryer in every apartment
- Remodeled Apartments
- Oversized closets
- 2 blocks to Suitland & Addison Rd. Metro

**Shadyside Gardens**  
877-338-2594  
2641 Shadyside Ave  
■ Suitland, MD 20746

**Suitland- No Application Fee!** Renovated 2 & 3BRs, new appl, w/w crpt, cac, d/w, private bala. All credit considered, no app fee. **CALL for Specials!** 1-888-840-1679 EHO

**WELCOME HOME  
WINGATE TOWER & GARDEN  
APARTMENTS**

WHERE YOU HAVE THE CHOICE  
OF HIGH-RISE AND GARDEN-  
STYLE LIVING. GREAT LOCATION,  
MINUTES TO SHOPPING, DIN-  
ING, 495 AND THE METRO

Features:

- Gated community
- 24 hour front desk Attendant
- On Metro bus line
- After School Programs
- Play grounds, Swimming Pool
- On site laundry
- Spacious floor plans

AND MUCH MUCH MORE  
AVAILABLE OCCUPANCY  
1 BEDROOM- 4 BEDROOMS  
\$750-\$1,490  
\*CALL FOR SPECIALS\*

**Wingate Tower and  
Garden Apartments**  
202-563-2651 or  
202-563-5652

4660 Martin Luther King Jr. Ave., SW  
Washington, DC 20032  
Office Hours: Mon-Fri 8:30AM-5:00PM  
1ST & 3RD SATURDAY OF EACH MONTH  
10:00AM-4:00PM

Takoma Park, MD

**Takoma Landing  
Apartments & Townhomes**

COME SEE WHAT YOU'VE BEEN MISSING  
Brand New Renovated Homes!!!

1 BR from \$949  
2 BR from \$1200

**2 BEDROOM TOWNHOUSE \$1339**  
Washers & Dryers!!!!  
NEW KITCHENS AND BATHS!

For a limited time only!  
Hurry call now  
**(866) 798-2487**  
Some restrictions apply / EHO

Concerts, movies, events,  
restaurants and more.

**express  
nightout**  
[expressnightout.com](http://expressnightout.com)

XXI72 Ix5

**SOUTHWEST, DC**

**EXPERIENCE THE COMFORT & CONVENIENCE OF EASY LIVING**

**Utilities Included**



**Capitol Park Plaza**

Call for Rent Specials

**Studios on SPECIAL for \$795\***

Minimum Salary Requirements \$32,320

- Balconies with Spectacular Views
- Walk to Downtown, Waterfront, Shopping, Restaurants, Nationals Stadium, Museums & Four Metro Rail Stations
- Sparkling Swimming Pool
- 24-hr Fitness Center

Military and Government discounts

Limited Availability, Restrictions Apply \*On Selected Apartment Homes

EHO

XXI72 Ix4

## RENTALS

Takoma Pk/Silver Spring

**3 BEDRM. APTS.**  
from \$1162 to \$1342**BELFORD TOWERS**

- minutes from downtown DC
- easy and quick access to major hwy's. & transportation
- 1 and 2 Bdrm. apts. also available

**866-485-9179**belfordlease@beaconmanagement.com  
or on the webwww.beaconmanagement.com  
Pricing & Specials are subject to change.  
Equal Housing Opportunity

TEMPLE HILLS

**1 MONTH FREE!!!**

**1 Bedroom 1 Bath** from \$799  
**2 Bedroom 2 Baths** from \$1105  
**3 Bedroom 2 Baths** from \$1215

**1-866-906-6857****Heather Hill Apartments**  
5837 Fisher Rd. Temple Hills, MD 20748

- Metrobus stop outside your front door
- Brand New Business/ Entertainment Center
- Spacious Floorplans w/ large closets
- Swimming Pool
- Small Pets Welcomed

Temple Hills Hud! 3 Bd, 2 Ba  
Only \$238/mo. (5% down, 15 years @ 8% apr)  
For Listings 800-585-3617 x 1543

**WALDORF** - TH, 2BR, 1.5BA, \$1,150. sec. 8 ok.  
\$15K grant for 1st time Home buyers  
Call F Pegasus 301-802-4568  
Exit Premier Reality 301-560-6750

**Washington D.C. HUD!**  
4BR 1BA only \$359/mo! 5% down, 15 yrs@8% APR  
For Listings 800-585-3617 xT136

**METRO POINTE**  
NEW LUXURY APARTMENTS  
**877.464.9081** ► MetroPointeApts.com

**Directly above Wheaton**  
**Metro-Red Line**

Now offering up to  
2 months free rent!

Prices starting at \$1,356.

11175 Georgia Avenue ► Wheaton, MD 20902

## ROOMMATES

**ADELPHI/Hyattsville** — Room for rent in apartment to share, \$550/mo utilities included. No pets Available now Call 240.413.5316

**ALEXANDRIA** - \$825, Share nice furnished home. must love dogs/cats. Private bath, garage, utilities included. **703-721-6602**

**ALEXANDRIA** nicely furnished bedroom for rent near shops, rec. center & Metro available now \$700 includes everything 703-660-6090

**ARL** - Share hse. Near Ballston Metro. Immed. Room \$650. Room \$675. Room, priv bath & entry \$795 + utilities. Call **703-599-7572**

**Brandywine** — \$600, 1 br, carpet, unfurn., n/s, no pets, no S/D required. 202-403-4503

**BRISTOW/MANASSAS AREA** - \$600 1/2 utils shr, 3 lvls gar lux. TH, 2BD to shr, own BA, W/D. Pets, strg, free int. 2.3 mi GMU. **703-623-0511**

**CAP HEIGHTS** - House to share, nr Metro/Safeway/Laundromat. Call btwn 8 am-9pm only **202-441-5519**

**Capital Heights/Seat Pleasant** - Furnished room, Near Metro. \$150/week & up. Deposit All utilities included **301-602-9120**

**CAPITALHTS** Shr hse. Near Metro Furnished room with cable. \$150-\$165/wk. **301-537-5433**

**CAPITAL HEIGHTS** — M/F to share house. Large 1 BR available. Near Metro. \$400 incls utils. Call **240-645-8617**

**CAPITAL HEIGHTS** — Share house/furnished rooms; new carpet/kitchen/BA, Metro; \$150-\$175/wk. \$200 security deposit. **240-398-1389**

**CHANTILLY** — Large TH w/2-car gar, deck, 3.5BA, M/F, \$600+ 1/3 utils. **703-399-1876**

**College Park** — SFH to Shr, Nr Shops/transp/UMD. Quiet & clean area. \$500 incl utils. **301-717-9057**

**FAIRFAX, VA** — Near Vienna Metro. Large room, in nice TH. Near GMU. \$575, includes utilities + free internet/cable. Call **571-216-8355**

**Gaithersburg** — Prvt entr, furnished, share kitchen, Bath & W/D. Near metro. Utils & Direct TV included. \$495-\$525 **240-821-3039**

**HYATTSVILLE, MD** — Share house. Room Available. \$499 Including Utilities. Call **301-455-3222**

**MANASSAS ROOM**  
\$350 incl utilities.  
**571-723-8319**

**Rockville** — Priv.furn.room: \$800, 4br, 2.5ba, HSL, pkgs, bike, ALL incl. Mile2 metro WhiteFlintHouse @gmail.com

**SIL SPG/ASPEN HILL** — house to share, \$500/mo. + share electric. Close to bus stop. Also Master BD for rent \$775/mo + elec. Call **202-369-5294**

**Sil Spg/White Oak** — TH to shr, male pref, Nice neighborhood. Free cable + internet. \$600. incl utils. **240-464-6498**

**Upper Marlboro** — Furnished room in TH. Share kitchen & ba. No pets. Cable tv & internet available. \$550 includes all utils. **240-893-1473**

**Upper Marlboro** — \$850.00, 2 br, 1 1/2 ba, A/C, W/D, 4930 King Patrick Way, Upper Marlboro, MD, 240-355-3958

## CONDOS FOR SALE

**Alexandria Inside the Beltway!**  
FHA 3.5% down and VA 0 down  
studio from \$132,000 **703.212.1824**  
Sales by Bryan Group

**ALEX/WATERGATE AT LANDMARK** - Updated 1 & 2 BR units \$191K & \$219K; Gated comm, W/D, in/out pools, tennis, Metro Shuttle. **571-277-1831**

## HOUSES FOR SALE

**4 Bed 2 Bath Hud Home!** Only \$238/mo!  
Must see! 5% down, 15 years @ 8%  
For Listings 800-585-3617 x1053

**5 Bed 4 Bath Hud Home!** Only \$389/mo!  
Must see! 5% down, 15 years @ 8%  
For Listings 800-585-3617 xH705

**A 3BD HUD!**  
\$283/mo. Must See! 5% down, 30 years @ 8%  
For Listings 1-800-585-3617 x.R680

**SELL YOUR HOUSE TODAY!**  
MD/DC/VA Properties. Any Condition/Area.  
Call for Free Info. **703-957-5452**.

## RESORT PROPERTIES

**Near Historic Southport** \$41,800  
Half Price! .4 ac lot  
Established golfing cmtly near beach. Winding River. Doug: 910-448-1872.

**OCEAN CITY** - Distressed Properties, Great prices now! Too many to mention. Free list. **240-271-5552**

## REAL ESTATE SERVICES

**1629 K St, NW** — Economical, sustainable officing: On demand ofc's, ph, mail, Net, other svcs. Plans \$55-\$200/mo. OSI **202-835-0680**

## CARS

**\$500 Police Impounds!**  
More Trucks From \$500!  
For Listings 800-585-3563 xC416

**\$500 Police Impounds!**  
Cars/Trucks/SUV's from \$500!  
For Listings 800-585-3563 x 2602

**Dodge 2000 Caravan** — SE/Sport, \$4500 obo, Excellent cond, 100K mi, Gray int, Silver ext, 4 dr, Cass, ABS, PL, 571-228-2607

**1999 TOYOTA Camry** - \$980/obo!  
More Toyota's From \$500!  
For Listings, 800-585-3563 x.C413

**Honda 2002 Civic** — EX, \$7200 obo, Excellent cond, 82K, Beige int, Blue ext, 2 dr, Sunrf, ABS, CD, 202-345-2161

**Honda Accord 97 \$800!**  
More Hondas from \$500!  
For Listings 800-585-3563 x C421

**HONDAS FROM \$500!**  
Police Repos!  
For listings 800-585-3563 x C400

**JUNK VEHICLES REMOVED FREE**  
CASH PAY FOR ALL  
202-714-9835

**Mercedes-Benz 2006 SL-Class** — SL500 Roadster, \$44900, Excellent cond, 25K mi, Navigation, non smoker loaded very classy conv 804-539-1042

**OLDSMOBILE 1996 Cutlass Supreme** - Green w/ gray cloth int, all pwr, clean reliable car, 80K mi. Blue Book \$3664, asking \$2600/obo. Call 202-345-1383

**WANTED**  
100 Good People With BAD CREDIT  
• None Established • Bankruptcies • Judgments  
• Charge Offs • Repossessions • Tax Liens  
New Test Program For Automobile Financing Special Allocation of Funds  
NEED A CAR - CALL NOW  
Call Mr. Samuels Today • 1-877-877-5557  
Laurel Kia Used Cars & Trucks

## MOTORCYCLES

**CPI 2007 Sport** — \$1200.00 OBO, MOPED, Excellent cond, 300 mi, Blue w/Yellow stripe, Recent service tune up, Great 4 commute to metro, 703-732-1700

**ford 2000 fleetwood** — \$30,000, 30K mi, 334-447-1997 sleeps 6 great shape

**Yamaha 2007 YZF R1** — \$2900, Excellent cond, 2K mi, gray, chfot@netscape.com

**Great dates start here.**

Concerts, movies,  
events, restaurants  
and more.

**express**  
**nightout**  
[expressnightout.com](http://expressnightout.com)

# LOSE weight **BEFORE** the Holidays!

- Personalized Diet Plans
- 1-on-1 Counseling
- Appetite Suppressants
- Vitamins B12 Injections
- Weight Maintenance
- Supplements

**DC's Oldest & Most Successful Medical Weight Loss Program**

Est. 1974

**202-463-7872**  
[www.docbeale.com](http://www.docbeale.com)

**Downtown** • 1712 Eye St., NW  
**Anacostia** • MLK Ave, SE

**Dr. Beale's Medical Weight Loss Program**

**Varicose or Spider Veins?**

Complimentary Consultations

Get Treated Today...

Why Wait?

**VAC**  
Vein Care

VAC of DC

-(202) 824 - 0620

VAC of PG

-(301) 350 - 6009

Call Today: \*2 Locations!\*

[www.vacveincare.com](http://www.vacveincare.com)

\*Medical Procedures Covered\*  
by Most Insurances



**Adapt you.** "Personal Tech" can give you cool and useful tools. **Mondays.**

**express**

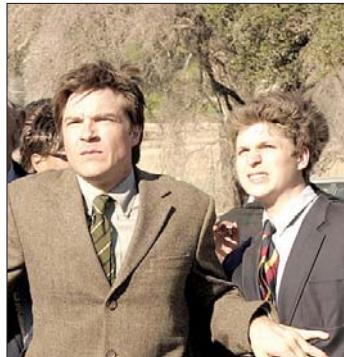
A publication of The Washington Post

# lookout



## Divorce Drama

Kate Gosselin says Jon left her no way to pay bills, support kids | 34



SAMURDANK/FOX

Jason Bateman and Michael Cera in the Fox series "Arrested Development."

## 'Arrested' On the Big Screen

A movie version of the cult TV favorite is currently in the works

**FEATURE** | "Arrested Development" creator Mitchell Hurwitz and his co-executive producer James Vally are working on a screenplay for a feature version of their short-lived Fox series.

Even as they prep a new Fox comedy series with "Arrested" star Will Arnett, the writers are spinning more bizarre encounters for the eccentric, spoiled Bluth clan for possible feature production in the spring. Hurwitz had said that he wouldn't start writing a film unless all the main actors were committed. But now Hurwitz and Vally are forging ahead.

Director Ron Howard, who executive-produced the series and provided the voice of the narrator, played himself in the final episode, hearing a pitch of the Bluth story and suggesting it for a movie. Hurwitz, however, will direct the feature. **JAY A. FERNANDEZ AND LESLEY GOLDBERG (THE HOLLYWOOD REPORTER)**

# The Good Daughter

Rosanne Cash puts a list of father Johnny's favorite country songs to use on a new album

**Q&A** | A consummate Renaissance woman, Rosanne Cash has eschewed genre conventions throughout her long career. Of course, she had an excellent role model, being the eldest daughter of the legendary Johnny Cash. She scored her own string of country hits in the '80s and continues to record, write books, and contribute fiction and essays to such publications as the New York Times and Rolling Stone.

**“**I wasn't intimidated. I've been singing 'Silver Wings' in the shower for 30 years.”

Her latest album, "The List," due out today on EMI's Manhattan Records, is a collection of covers based on a list of 100 essential country songs that her father gave her when she was 18.

Produced by Rosanne Cash's husband, John Leventhal, "The List" includes Hank Snow's "I'm Movin' On" and Hank Williams' "Take These Chains From My Heart," and duets with Bruce Springsteen, Elvis Costello, Rufus Wainwright and Wilco's Jeff Tweedy.



MUSICAL GENES: Rosanne Cash takes after her famous dad when it comes to talent.

DEBORAH FEINGOLD



**SUCCESS** **Native Son** Wale is poised to make the leap to mainstream success. The Washington, D.C., MC has already built up a wealth of hipster cred, making mixtapes inspired by "Seinfeld" with Fader-approved DJ Nick Catchdubs. Last month, Wale performed as part of the house band for the MTV Video Music Awards, and he recently confirmed he will be joining Jay-Z, N\*E\*R\*D and J. Cole for a college tour this fall. In the last few months, he appeared in ads for the apparel line LRG and for Nike. (BILLBOARD.COM)

**How did you react when your father first presented you with his list of essential country songs?**

I was thrilled. I know people think, "Oh, 18 years old — you wouldn't have sense enough to know what you were getting." I did.

**How did you narrow down a list of 100 songs to 13?**

Some songs were clearly not suited for me to do — some were too gender-specific. There was also a sonic and emotional balancing so that it wasn't all "Motherless Children" and "Bury Me Under the Weeping Willow."

**What role did your husband, John Leventhal, play in your interpretation of the songs?**

John did all the heavy lifting; these are his arrangements. It was a pure joy for me to get to sing them, but it was a pure joy for him. This is the dream project that he's been waiting his whole life to do.

**These are some of the best and biggest songs of the last 100 years. Was it intimidating to cut them?**

"She's Got You" was a little bit because I knew Patsy Cline's record so well, and "Girl From the North Country" [by Bob Dylan] was because it seemed like a watershed moment in musical history. The rest of them, no, I wasn't intimidated. I've been singing "Silver Wings" in the shower for 30 years.

**KEN TUCKER (BILLBOARD)**

# entertainment lookout

# Religious, Indie Experience

**The Mountain Goats'**  
**Good Book-themed**  
**album is a beautiful,**  
**enlightening listen**

**MUSIC** | The Mountain Goats' John Darnielle has, for 16 albums and counting, been writing ridiculous-ly insightful and heartbreaking songs while still keeping a bounce in his step and a dusting of pop on his dirges.

While it's not always possible to tell whether he's a brilliant social commentator or just a really depressed poet, it's not a stretch to say his band is the only one that can get away with an album such as "The Life of the World to Come" (4AD).

First off, this is no place for newcomers to the Mountain Goats. A glance at the track listing would put off most listeners: All the songs are named after Bible verses, and not ironically. It's a ballsy move for an indie legend and one that could easily be mistaken for an unfortunate gimmick, but with "The Life of the



The Goats' "The Life of the World to Come" is not for the uninitiated listener.

## expressnightout

→ To read more of this Mountain Goats review and to watch videos of the band performing live, visit us online.

[WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)

"World to Come," Darnielle sells the earnestness and the general life lessons that he's been hawking for most of his successful career.

They're just life lessons that

are tied to a controversial though admittedly credible source, from a pedagogical point of view.

And second, it's not an easy theme to explain simply. Interviews and press releases may reveal some insight into the story behind the record, but Darnielle's project transcends personal experience.

This motif (the band has named songs after Bible verses before, and it also put out a tour-only EP called

"Satanic Messiah" in 2008 with a limited vinyl run of 666) doesn't come from just a profession or rejection of faith, or close study of the Bible itself, or even of a disinterested take on the Bible as literature. It's more of a curious exploration of all these things that also pays tribute to the Good Book's most poetic ideas and phrases.

The closest thing to a single is the relatively upbeat "Genesis 3:23" (which is the verse about Adam and Eve's being kicked out of the Garden of Eden, for those taking notes), which displays the Mountain Goats' mastery at reveling in the aftermath of tragedy, combining a good fit of despair with profound moments of healing.

Utterly complex and mature, the album embraces curiosity and doubt, and hangs together both as a personal spiritual journey and as a universal testimony to the human condition.

AFTON LORRAINE WOODWARD

→ 9:30 Club, 815 V St. NW; with Final Fantasy, Nov. 27, 8 p.m., \$20; 202-265-0930 (U Street/Cardozo)



Brooks & Dunn will split next year — but first, they'll perform at the CMAs.

## A Country Duo's Final Farewell

**PERFORMANCE** | The 43rd annual Country Music Association awards will offer fans one of the last chances to see Brooks & Dunn before they split next year.

The popular duo join a star-studded lineup, including all five entertainer-of-the year nominees, scheduled to perform during the Nov. 11 ceremony.

CMA also announced Monday that Kenny Chesney, Taylor Swift, Reba McEntire, George Strait, Darius Rucker and Keith Urban will perform. (AP)

CENTER FOR DIGITAL IMAGING ARTS AT BOSTON UNIVERSITY

GEORGETOWN CAMPUS

Now accepting applications!

go far

### Certificate Programs

Digital Filmmaking

Photography

3D Animation + Interactive Media

Graphic + Web Design

Web Development

CALL 800-808-CDIA EMAIL [INFO@CDIABU.COM](mailto:INFO@CDIABU.COM) WEB [WWW.CDIABU.COM](http://WWW.CDIABU.COM)

Great dates start here.

express  
**nightout**  
[expressnightout.com](http://expressnightout.com)

Concerts, movies, events, restaurants and more.

express  
**nightout**  
[expressnightout.com](http://expressnightout.com)

XXI72 lx4



### RESEARCH STUDIES AVAILABLE

If you are 18 to 55 years old and use cocaine sometimes or every day, we need you for inpatient or outpatient research studies.

All participants will be paid for time and travel. There is no cost for participation or study-related tests. Call for a confidential screening.

CALL  
TODAY

TOLL FREE  
**1-800-535-8254**  
[www.researchstudies.drugabuse.gov](http://www.researchstudies.drugabuse.gov)

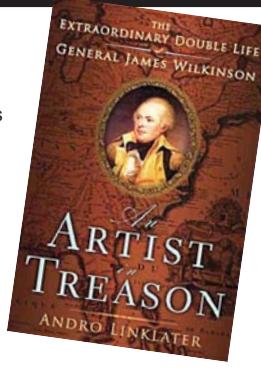


# lookout expressnightout.com

## 2 Historical Intrigue

Everyone loves a good mystery—and in D.C., a mystery only gets better if it's 300 years old. Meet Gen. James Wilkinson. He's a Revolutionary War hero who exposed Benedict Arnold's betrayal but then turned around and took a covert job with the Spanish secret service. Andro Linklater has just penned a new biography about him and will be speaking about America's contradiction in chief tonight. f.z.

→ *Politics and Prose*, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, [Politics-prose.com](http://Politics-prose.com). (Van Ness)



## 1 Oh, What a Night

There are those who complain about musicals' becoming ever more vacuous, so in need of money that producers take a recognizable commodity—like, say, the songs of the Four Seasons—build a silly plot around it and pretend that it's worthy of notice. Those people hate fun and have never seen "Jersey Boys," which is sort of ridiculous, but you can't help enjoying it. f.z.

→ *National Theatre*, 1321 Pennsylvania Ave. NW; through Dec. 12, \$52-\$112; 202-783-6854, [Nationaltheatre.org](http://Nationaltheatre.org). (Metro Center)



## top stops

Compiled by Express' Fiona Zublin and Christopher Porter. Read more of their picks every day at [Expressnightout.com/topstops](http://Expressnightout.com/topstops).

## 3 Pretty in Black

While New Wave pioneers the Psychedelic Furs are now down to the Butler brothers, the essence of the band hasn't been lost. That's because the heart of the band is Richard Butler's ashtray-stained voice. More gothic than pop, more pop than punk, the Furs walk a gorgeous middle ground between rock and cabaret, experimental and mainstream, the past and the future. c.p.

→ *9:30 Club*, 815 V St. NW, with Happy Mondays and Islands, 7 p.m., \$35; 202-265-0930. (U St.-Cardozo)



## REGAL ENTERTAINMENT GROUP

### ROCKVILLE CENTER STADIUM 13

800-FANDANGO 246#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (1140 1240 200 320 440) 610 730 840 1000  
INVENTION OF LYING (PG-13) (1105 140 420) 740 1020  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (1120 210 500) 750 1030  
WHIP IT (PG-13) (1130 210 500) 800 1040  
SURROGATES (PG-13) (100 340) 600 830 1045  
FAME (PG) (350 PM) 650 PM  
OC & DA: FAME (PG) (110 PM) 930 PM  
PANDORUM (R) - ID REQ'D (1150 230 510) 800 1040  
THE INFORMANT (R) - ID REQ'D (1200 310) 620 910  
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1155 130 400) 630 900  
LOVE HAPPENS (PG-13) (150 PM) 1010 PM  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (430 PM) 720 PM  
9 (PG-13) (1110 AM 450 PM) 710 PM  
INGLORIOUS BASTERDS (R) - ID REQ'D (120 PM) 920 PM

### GERMANTOWN STADIUM 14

800-FANDANGO 455#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (100 145 315 415 530) 745 830 1000 1045  
WHIP IT (PG-13) (150 430) 730 1020  
INVENTION OF LYING (PG-13) (130 410) 710 1010  
SURROGATES (PG-13) (200 440) 720 950  
FAME (PG) (120 PM) 645 PM  
OC & DA: FAME (PG) (400 PM) 930 PM  
PANDORUM (R) - ID REQ'D (240 510) 810 1045  
THE INFORMANT (R) - ID REQ'D (210 450) 750 1030  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (115 330) 630 900  
JENNIFER'S BODY (R) - ID REQ'D (815 PM) 1040 PM  
LOVE HAPPENS (PG-13) (140 420) 650 940  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (110 350) 710 945  
9 (PG-13) (230 510) 800 1015  
G.I. JOE (PG-13) (220 PM 500 PM)

### UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

WHIP IT (PG-13) (200 445) 730 1010  
INVENTION OF LYING (PG-13) (245 515) 745 1020  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (100 400) 715 1005  
ZOMBIELAND (R) - ID REQ'D (105 315 530) 800 1030  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
PANDORUM (R) - ID REQ'D (235 500) 735 1015  
SURROGATES (PG-13) (120 330 540) 805 1030  
FAME (PG) (250 520) 750 1025  
OC: CLOUDY WITH A CHANCE OF MEATBALLS (PG) (320 PM) 955 PM  
THE INFORMANT (R) - ID REQ'D (220 450) 720 950  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (110 PM) 525 PM  
LOVE HAPPENS (PG-13) (230 PM) 705 PM  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (135 415) 650 925  
9 (PG-13) (505 PM) 635 PM  
INGLORIOUS BASTERDS (R) - ID REQ'D (130 PM) 455 PM  
DISTRICT 9 (R) - ID REQ'D (930 PM)  
JULIE & JULIA (PG-13) (1255 PM 355 PM) 645 PM

### MAJESTIC STADIUM 20

800-FANDANGO 432#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 350 PM) 745 PM  
ZOMBIELAND (R) - ID REQ'D (1230 145 245 400 510) 610 720 820 930 1030  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (1210 130 315 430) 620 740 910 1040  
WHIP IT (PG-13) (145 215 515) 805 1100  
INVENTION OF LYING (PG-13) (125 250 530) 755 1020  
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (135 355) 638 905  
SURROGATES (PG-13) (1245 150 255 405 505) 615 715 825 925 1005  
FAME (PG) (205 100 230 340 520) 650 750 850 1025  
PANDORUM (R) - ID REQ'D (120 200) 440 715 1020  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (150 210 445) 810 1035  
JENNIFER'S BODY (R) - ID REQ'D (125 310 545) 830 1055  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (125 310 440) 725 1000  
9 (PG-13) (125 233 435) 705 935  
INGLORIOUS BASTERDS (R) - ID REQ'D (336 PM) 655 PM 1015 PM  
DISTRICT 9 (R) - ID REQ'D (325 PM) 640 710 945  
RW: PANDORUM (R) - ID REQ'D (1125 200 425) 710 945  
RW: THE INFORMANT (R) - ID REQ'D (1155 225 445) 730 955  
LOVE HAPPENS (PG-13) (120 PM) 920 PM

### ROYALE STADIUM 14

800-FANDANGO 3456#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (145 400) 650 930  
ZOMBIELAND (R) - ID REQ'D (115 330 540) 750 1010  
WHIP IT (PG-13) (145 040) 745 1020  
INVENTION OF LYING (PG-13) (150 415) 645 920  
PANDORUM (R) - ID REQ'D (120 350) 735 1020  
I HOPE THEY SERVE BEER IN HELL (R) - ID REQ'D (155 425) 705 935  
SURROGATES (PG-13) (100 325) 715 945  
FAME (PG) (105 335) 720 950  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (135 345) 640 910  
THE INFORMANT (R) - ID REQ'D (140 410) 655 925  
JENNIFER'S BODY (R) - ID REQ'D (110 PM) 710 940  
9 (PG-13) (340 PM) 955 PM  
SORORITY ROW (R) - ID REQ'D (200 PM) 710 PM 940 PM  
LOVE HAPPENS (PG-13) (430 PM) 705 PM  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (215 450) 730 1005

### BETHESDA 10

800-FANDANGO 559#

WHIP IT (PG-13) (150 430) 730 1005  
INVENTION OF LYING (PG-13) (200 500) 800 1015  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (140 350) 600 810 1020  
SURROGATES (PG-13) (230 445) 710 920  
FAME (PG) (125 400) 640 910  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (100 305 510) 720 930  
THE INFORMANT (R) - ID REQ'D (130 410) 740 1010  
LOVE HAPPENS (PG-13) (210 440) 750 1020  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (100 305 510) 720 930  
DISTRICT 9 (R) - ID REQ'D (100 PM) 940 PM  
JULIE & JULIA (PG-13) (345 PM) 650 PM

### BOWIE STADIUM 14

800-FANDANGO 454#

WHIP IT (PG-13) (220 455) 735 1015  
INVENTION OF LYING (PG-13) (155 435) 720 1000  
ZOMBIELAND (R) - ID REQ'D (100 140 310 350 520) 600 730 810 950 1020  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 400 PM) 700 PM  
PANDORUM (R) - ID REQ'D (120 240 510) 740 1010  
SURROGATES (PG-13) (115 330 540) 805 1025  
FAME (PG) (125 230 455) 715 945  
THE SECRETS OF JONATHAN SPERRY (PG) (1215 230 450) 650 915  
THE INFORMANT (R) - ID REQ'D (1205 235 515) 745 1020  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1200 205 440) 705 920  
LOVE HAPPENS (PG-13) (150 PM)  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1200 225 425 500) 710 750 955 PM  
9 (PG-13) (125 325 525) 725 925

### GALLERY PLACE STADIUM 14

800-FANDANGO 721#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (115 1230 125 250) 335 515 545 730 820 1000 1040  
WHIP IT (PG-13) (1140 220) 500 745 1020  
INVENTION OF LYING (PG-13) (1130 200) 440 715 950  
OC & DA: FAME (PG) (215 PM) 1010 1030  
PANDORUM (R) - ID REQ'D (1240 310) 510 810 1045  
SURROGATES (PG-13) (1220 245) 530 805 1030  
FAME (PG) (1145 AM) 450 PM 725 PM  
THE INFORMANT (R) - ID REQ'D (1150 225) 505 755 1030  
JENNIFER'S BODY (R) - ID REQ'D (1200 PM) 510 PM 1030 PM  
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1155 225) 515 915  
LOVE HAPPENS (PG-13) (1200 PM) 510 PM 1005 PM  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1200 PM) 400 710 955 PM  
9 (PG-13) (1200 PM) 520 PM 1025 PM

### BALLSTON COMMON STADIUM 12

800-FANDANGO 377#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (1220 120 325 425) 630 730 933 1035  
THE INFORMANT (R) - ID REQ'D (215 400 500) 645 745 929 1025  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (150 420) 640 905  
JENNIFER'S BODY (R) - ID REQ'D (125 PM) 945 PM  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (435 PM) 950 PM  
9 (PG-13) (200 415) 625 840  
EXTRACT (R) - ID REQ'D (210 PM) 725 PM  
DISTRICT 9 (R) - ID REQ'D (225 PM) 510 805 1025  
JULIE & JULIA (PG-13) (110 410) 710 1010  
HARRY POTTER: HALF BLOOD PRINCE (PG) (1210 PM) 350 PM 720 PM  
HURT LUCKER (R) - ID REQ'D (140 PM) 450 PM 755 PM

### POTOMAC YARD STADIUM 16

800-FANDANGO 899#

ZOMBIELAND (R) - ID REQ'D (1115 1215 140 240 405 505) 630 730 855 955  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM  
I HOPE THEY SERVE BEER IN HELL (R) - ID REQ'D (130 415) 720 1015  
WHIP IT (PG-13) (125 420) 715 1005  
INVENTION OF LYING (PG-13) (1105 155 435) 745 1025  
OC & DA: FAME (PG) (355 PM) 945 PM  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (125 425 500) 755 1020  
SURROGATES (PG-13) (1125 1225 150 250 425 525) 650 750 820 1020  
PANDORUM (R) - ID REQ'D (1145 230 515 800)  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1120 135 400) 620 845  
JENNIFER'S BODY (R) - ID REQ'D (1010 PM)  
LOVE HAPPENS (PG-13) (125 345 510) 635 925  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1110 100 200 350 450) 640 740 930 1030  
INGLORIOUS BASTERDS (R) - ID REQ'D (115 145 410 510) 640 740 930 1030  
JULIE & JULIA (PG-13) (115 PM) 445 PM 710 PM

### KINGSTOWNE STADIUM 16

703-228-4956

TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (110 110 320 530) 800 1015  
WHIP IT (PG-13) (1200 210 420 545) 645 905  
INVENTION OF LYING (PG-13) (1115 150 430) 710 945  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (1105 155 445) 740 1030  
SURROGATES (PG-13) (1130 1230 145 250 405 515) 655 755 845 955  
PANDORUM (R) - ID REQ'D (1145 220 440 550) 660 760 850 1020  
FAME (PG) (1155 220 440) 715 950  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1120 135 350) 630 855  
THE INFORMANT (R) - ID REQ'D (1150 220 450) 725 955  
JENNIFER'S BODY (R) - ID REQ'D (1210 PM)  
LOVE HAPPENS (PG-13) (1135 355 665 933)  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1225 315 640 920)  
9 (PG-13) (245 PM) 615 PM 935 PM

### COUNTRYSIDE STADIUM 20

800-FANDANGO 394#

ZOMBIELAND (R) - ID REQ'D (1220 120 250 350 520) 620 750 850 1020  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (100 400) 700 1000  
WHIP IT (PG-13) (1240 400) 725 1010  
INVENTION OF LYING (PG-13) (140 440) 710 950  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 400 PM) 800 PM  
SURROGATES (PG-13) (1250 155 310 430 535) 650 855 910 1030  
OC & DA: FAME (PG) (330 PM) 855 PM  
FAME (PG) (1240 PM) 615 PM 1020  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1215 240 505) 730 955  
PANDORUM (R) - ID REQ'D (1255 335) 640 920  
THE INFORMANT (R) - ID REQ'D (125 455) 735 1015  
JENNIFER'S BODY (R) - ID REQ'D (120 450) 730 945  
LOVE HAPPENS (PG-13) (105 420) 735 945  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (125 345) 720 1005  
9 (PG-13) (1245 300 530) 610 900  
DISTRICT 9 (R) - ID REQ'D (1230 320) 610 900  
INGLORIOUS BASTERDS (R) - ID REQ'D (1205 315) 625 935  
HARRY POTTER: HALF BLOOD PRINCE (PG) (1205 315) 625 935

### FOX STADIUM 16

703-957-1035

TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (1240 250 500) 710 920  
WHIP IT (PG-13) (140 350) 680 810 1020  
INVENTION OF LYING (PG-13) (150 450) 730 1025  
SURROGATES (PG-13) (1250 200 320 430 530) 640 740 850 1015  
PANDORUM (R) - ID REQ'D (110 400) 630 910 1020  
FAME (PG) (210 445) 735 1015  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1230 240 510) 720 930  
JENNIFER'S BODY (R) - ID REQ'D (940 PM)  
LOVE HAPPENS (PG-13) (220 515) 800 1030  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (130 410) 620 840  
9 (PG-13) (130 410) 620 840  
INGLORIOUS BASTERDS (R) - ID REQ'D (1245 340 530) 620 840  
DISTRICT 9 (R) - ID REQ'D (1245 330 530) 620 840  
HARRY POTTER: HALF BLOOD PRINCE (PG) (1245 330 530) 620 840

### FAIRFAX TOWNE CENTER 10

800-FANDANGO 670#

INVENTION OF LYING (PG-13) (145 445) 740 1010  
CAPITALISM:A LOVE STORY (R) - ID REQ'D (100 140 355 435) 645 730 935 1020  
ZOMBIELAND (R) - ID REQ'D (105 150 320 425 530) 650 750 915 1015  
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM  
FAME (PG) (135 415) 710 945  
JENNIFER'S BODY (R) - ID REQ'D (115 405) 720 1000  
LOVE HAPPENS (PG-13) (115 405) 720 1000  
9 (PG-13) (115 405) 720 1000  
HARRY POTTER: HALF BLOOD PRINCE (PG) (310 PM) 635 PM

### MANASSAS STADIUM 14

800-FANDANGO 490#

TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM  
ZOMBIELAND (R) - ID REQ'D (1150 1230 200 240 500 540) 620 740 940 1020  
WHIP IT (PG-13) (1220 320) 600 850 1020  
INVENTION OF LYING (PG-13) (120 420) 640 900 1020  
SURROGATES (PG-13) (1230 420 540 660 780) 640 850 1020  
PANDORUM (R) - ID REQ'D (120 420 540 660 780)  
FAME (PG) (120 420 540 660 780)  
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (120 420 540 660 780)  
JENNIFER'S BODY (R) - ID REQ'D (120 420 540 660 780)  
LOVE HAPPENS (PG-13) (120 420 540 660 780)  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1250 330) 610 900  
9 (PG-13) (1250 330) 610 900  
DISTRICT 9 (R) - ID REQ'D (430 PM) 710 1000

## television lookout

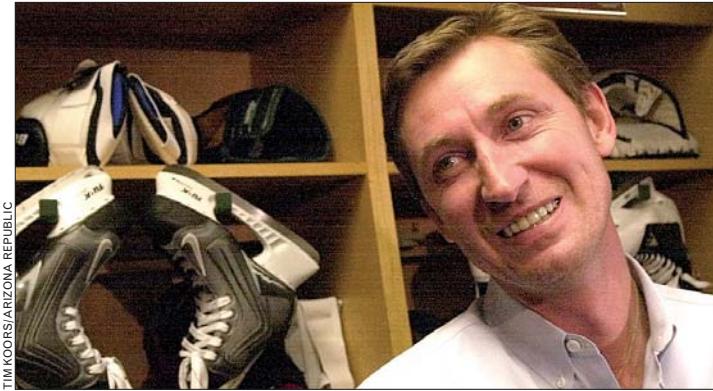
# The King of All Trades

A documentary looks at Gretzky's move from Canada to L.A.

**VIEW** | ESPN continues to blow out candles on its 30th birthday cake. Tonight begins the "30 for 30" project, an ambitious slate of 30 sports documentaries made by well-known directors.

Peter Berg ("Friday Night Lights") directs "Kings Ransom" (8 p.m., ESPN), an hour-long look at one of the most controversial trades in sports history. Known as "The Great One," Wayne Gretzky had led the Edmonton Oilers to their third NHL Stanley Cup in four years when he was peddled to the Los Angeles Kings for \$15 million and a raft of young talent.

"Ransom" looks at the trade



Wayne Gretzky says he does not regret leaving the Oilers in ESPN's "Kings Ransom."

from Gretzky's point of view and from the vantage point of the Oilers' owner, and documents the outrage of the fans in Edmonton and throughout Canada when they heard that their beloved local hero was leaving for Hollywood.

Separated by two decades from the emotions of the time, Gretzky

tells Berg that he has no regrets about the move and observes that he has made a home in Los Angeles. But he's also rather wistful when he reflects that he could have won a few more Stanley Cups with the Oilers, something he never did with the Kings. KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

### tonight's lineup

#### TEENAGE WASTELAND

On **90210** (8 p.m., CW), Naomi (AnnaLynne McCord) is devastated to learn that her test scores may not be high enough to get her into CU. Meanwhile, Dixon (Tristan Wilds) is shaken when he discovers that his girlfriend, Sasha (guest star Mekia Cox), is suspicious about his age and sniffing around to get the facts.

#### JUST SAY NO TO FRIED

On **THE BIGGEST LOSER** (8 p.m., NBC), one contestant is frustrated after being sidelined due to a medical condition. Banned from the kitchen, the contestants learn how to make healthy choices when eating out, and one team snags a terrific prize in a pop challenge about calories.

#### UNUSUAL SUSPECT

On **MELROSE PLACE** (9 p.m., CW), the police bring in Ella (Katie Cassidy) for questioning in Sydney's (Laura



Tonight on Discovery, Mike Rowe is back for a new season of "Dirty Jobs."

Leighton) murder. Jonah (Michael Rady) is stunned to be accused of stealing a necklace from a mansion he videotaped for a real estate agent, then gets angry when Ella says she

saw a similar necklace in David's (Shaun Sipos) apartment.

#### FUN WITH FILTH

Mike Rowe returns to host 11 new episodes of **DIRTY JOBS** (9 p.m., Discovery), as he travels to Miami to try his hand at marine salvaging, working to remove submerged, abandoned boats from the water.

#### BACK TO THE PAST

On **THE GOOD WIFE** (10 p.m., CBS), Alicia (Julianna Margulies) finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood.

#### PLAYING DIRTY

In a new episode of **THE FORGOTTEN** (10 p.m., ABC), a man is found beaten to death on the street, and investigating his identity and his murderer leads Alex (Christian Slater) and his team into the world of pro football. (TRIBUNE MEDIA)

## SHIP'S HATCH

1677 Crystal Square Arcade, Arlington VA 22202 • 703-413-6289 • [www.shipshatch.com](http://www.shipshatch.com)



**Frank Sanya**  
Short Sale Specialist  
**RE/MAX**  
2000, REALTORS  
Each office independently owned & operated.  
(301) 881-1700 (O)  


## Sell Your House for Less Than You Owe!

Are you worried about making your mortgage payment?  
Are you already a month or two behind?  
Do you have to sell your house but owe more than it is worth?

### CALL ME TODAY AND LEARN HOW YOU CAN:

- Sell your house for less than you owe, and get the lender to release you from any further liability.
- Limit the amount of bad marks on your credit.
- Live in your home **PAYMENT-FREE** until it sells!

**CALL ME NOW: (301) 656-1222/(703) 893-0505**  
or **VISIT: [www.LenderRelease.com](http://www.LenderRelease.com)**

## Do you have asthma?



National Heart  
Lung and Blood Institute  
People Science Health

Participate in a study at NIH.

Call 1-800-411-1222

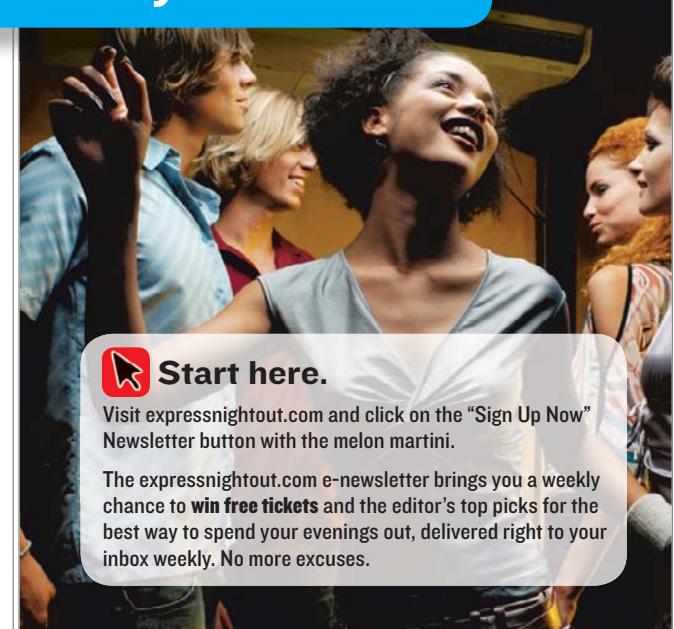
Se habla español

TTY: 1-866-411-1010

Compensation will be provided.

National Institutes of Health, Department of Health and Human Services

 **Get a night out in your inbox.**



 **Start here.**

Visit [expressnightout.com](http://expressnightout.com) and click on the "Sign Up Now" Newsletter button with the melon martini.

The [expressnightout.com](http://expressnightout.com) e-newsletter brings you a weekly chance to **win free tickets** and the editor's top picks for the best way to spend your evenings out, delivered right to your inbox weekly. No more excuses.

**express**  
**nightout**  
[expressnightout.com](http://expressnightout.com)

Concerts, movies, events, restaurants and more.

 **PILOTS** **Navigating the City** Comedy Central has ordered a pilot for "Boys and Girls Guide to Getting Down." Based on Paul Sapiano's 2006 indie feature, the half-hour pilot is described as a how-to guide for 20-somethings living in the city. The show will chronicle the adventures of several young characters, with a narrator giving tips about "getting down." (THE HOLLYWOOD REPORTER)

# lookout online

## Poll Center

WILL ADMITTING HE HAS HAD AFFAIRS HURT DAVID LETTERMAN'S RATINGS?

YESTERDAY'S RESULTS AS OF 5 P.M.

**NO** 86%

**14% YES**

**"Not in the least.** As a matter of fact, it will probably help his ratings. The people who typically watch his show are those with no job and no morals anyway, so his affair will likely help his ratings."

**COMMENTER COMMON KEVIN**

**"In a country** that has a moral compass, such revelations would harm a career. Alas, we are talking about the morally corrupt and narcissistic USA."

**COMMENTER V**

**"The public** is so used to celeb scandals, only exceptionally creepy details would cause his ratings to suffer. As long as the network can sell ads, they aren't going to care."

**COMMENTER BRAD2**

SEE HOW YOUR METRO STATION VOTED  
[WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)



**"SORRY,** Gloria Gaynor. There's a new sheriff in town, and her name is Beyoncé. If you're not sick of that ['Single Ladies'] song yet, people, I've got bad news. You're going to be hearing it for the next 20 years at wedding receptions."

**LUMPYHEAD.BLOGSPOT.COM** REALIZED AFTER ATTENDING A WEDDING RECEPTION THAT "I WILL SURVIVE" IS NO LONGER THE AVAILABLE WOMEN'S ANTHEM.



HELALINE SEIDMAN / FTWP

**"I ALWAYS FOUND** Gourmet rather stodgy, but it's a genuine piece of American culinary history. It's a shame that we will lose it."

**TEENAGECHOWHOUND.BLOGSPOT.COM** WAS SADDENED BY THE SHUTTERING OF GOURMET MAGAZINE BY PUBLISHER CONDE NAST. MODERN BRIDE AND ELEGANT BRIDE WERE ALSO CLOSED.

**↑** "Fans of cowboy-hatted angry scarecrows doing radio shows on TV had reason to rejoice [Monday] morning. I'm not among those fans."

JAMES PONIEWOZIK AT [TUNEDIN.BLOGS.TIME.COM](http://TUNEDIN.BLOGS.TIME.COM) WAS INTRIGUED BY DON IMUS' RANT ABOUT TV HOST GLENN BECK — WHO IMUS CALLED A "NUT" LAST WEEK. IMUS' SHOW DEBUTED ON FOX BUSINESS NETWORK MONDAY.

**"Lindsay, it's time to get serious about reviving the acting career. After just one season, one show, Mounir Moufarrige's 'Lindsay-plus-one' experiment is off to a troubled start."**

**WWWD.COM** THINKS LINDSAY LOAHAN SHOULD GO BACK TO HOLLYWOOD AFTER HER FIRST RUNWAY SHOW AS AN ARTISTIC ADVISER FOR MOUFARRIGE'S HAUTE COUTURE FASHION HOUSE, EMANUEL UNGARO, GOT TERRIBLE REVIEWS.

**"EVERY TIME** I poke fun [at] people who by their own blinding stupidity, maim or kill themselves, I get hate mail from their family members. I'm not saying they weren't wonderful people ... just that they were wonderful, stupid people."

**THERIGHTRANT.BLOGSPOT.COM** HAS LITTLE SYMPATHY FOR A PENNSYLVANIA WOMAN WHO WAS KILLED BY HER PET BLACK BEAR SUNDAY.

## 5 Day Forecast for the Washington Area



Partly sunny

71°



Mostly cloudy

58°



Morning rain

72° / 51°



Sunny

72° / 55°



Partly sunny

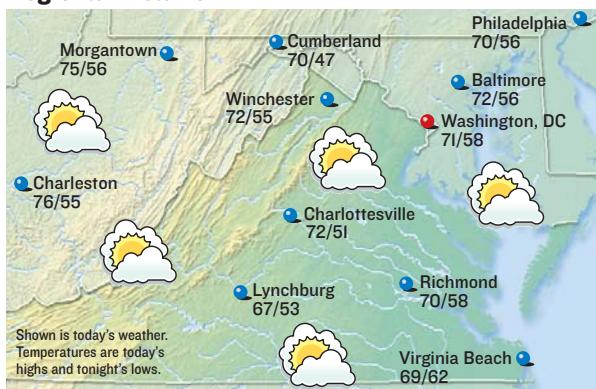
74° / 60°



Mostly cloudy

73° / 50°

## Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

## Almanac

Washington, D.C., through 4 p.m. Mon.

### Temperature

High ..... 70°  
Low ..... 54°  
Normal high ..... 72°  
Normal low ..... 54°  
Average humidity ..... 43%

### Precipitation

24 hours ending 4 p.m. ..... 0.00"  
Month to date ..... 0.02"  
Normal month to date ..... 0.57"  
Year to date ..... 29.99"  
Last year to date ..... 40.00"  
Normal year to date ..... 30.62"

For up-to-the-minute weather, see:  
[washingtonpost.com/weather](http://washingtonpost.com/weather)

## Regional Forecast

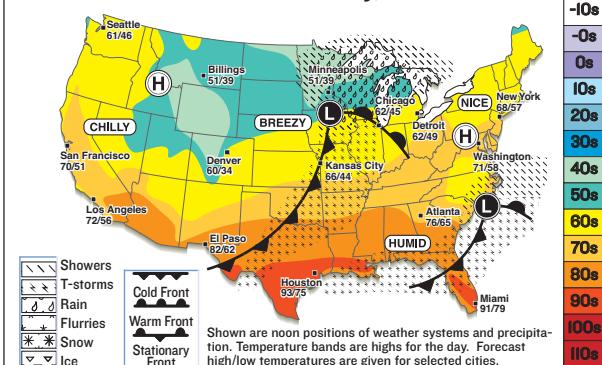
**D.C. Metro:** Today, partly sunny. High 71. Wind south 6-12 mph. Tonight, mostly cloudy, some rain late. Low 58. Wind south 6-12 mph.

## Sun and Moon

Sunrise today ..... 7:09 a.m.  
Sunset tonight ..... 6:43 p.m.  
Moonrise today ..... 7:46 p.m.  
Moonset today ..... 9:45 a.m.



## National Weather for Tuesday, October 6



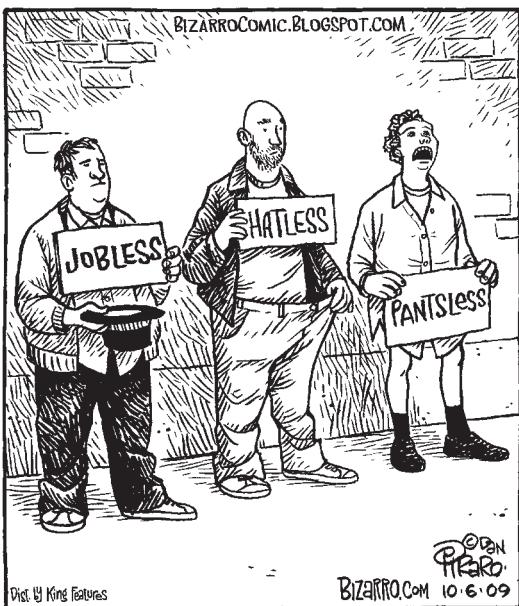
## National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	76/65/pc	73/54/	Amsterdam	65/54/pc	67/54/r
Boston	65/54/s	66/51/r	Athens	81/61/s	79/61/s
Chicago	62/45/r	60/45/s	Berlin	63/52/s	70/55/c
Dallas	80/61/t	75/71/t	Buenos Aires	64/39/pc	61/43/s
Denver	60/34/s	71/38/s	Calgary	58/27/pc	36/13/sf
Honolulu	86/75/pc	87/76/s	Dublin	61/45/r	57/43/pc
Honolulu	86/75/pc	87/76/s	Buenos Aires	64/39/pc	61/43/s
Los Angeles	72/56/s	72/56/pc	Calgary	58/27/pc	36/13/sf
Miami	91/79/s	92/80/t	Dublin	61/45/r	57/43/pc
New York City	68/57/s	70/55/r	Buenos Aires	64/39/pc	61/43/s
Orlando	89/75/t	91/73/t	Calgary	58/27/pc	36/13/sf
Seattle	61/46/s	63/45/s	Dublin	61/45/r	57/43/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice.

# comics lookout

Bizarro | Dan Piraro

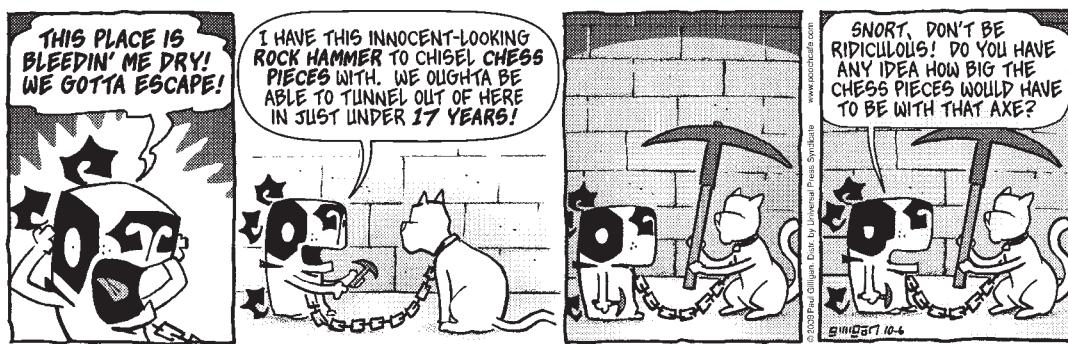


Cornered | Mike Baldwin

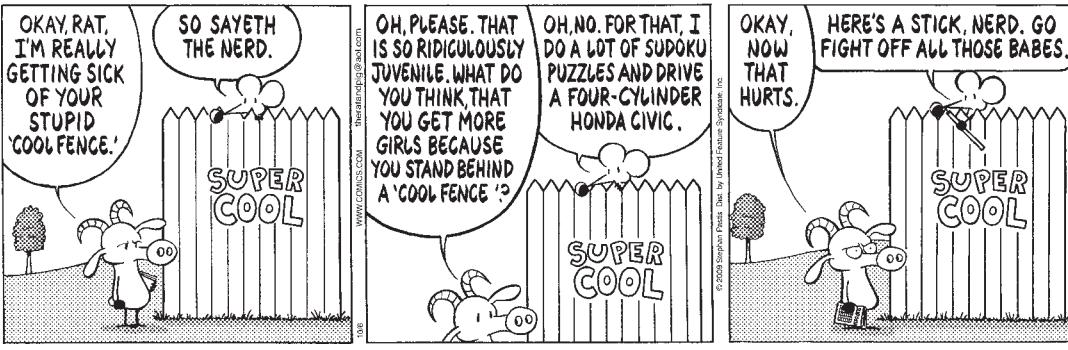


"This is gobbledegook. I asked for mumbo-jumbo."

Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**LIBRA** (Sept. 23-Oct. 22) The faster you swing into action the better, but don't throw caution to the wind. Keep your sights on all safety indicators.

**SCORPIO** (Oct. 23-Nov. 21) Your knack for finding the positive in even the direst of circumstances will serve you well — and inspire others, too.

**SAGITTARIUS** (Nov. 22-Dec. 21) You're not about to say or do anything just because it will satisfy someone else. Today, your needs certainly come first.

**CAPRICORN** (Dec. 22-Jan. 19) You don't want to get mixed up in anything you cannot control. Guard against being persuaded to do anything against your will.

**AQUARIUS** (Jan. 20-Feb. 18) You'll want everyone to get out of your way as you try to pick up the pace and accomplish more than you had originally planned.

**PISCES** (Feb. 19-March 20) There's more to success than time management and efficiency. Today, you can afford to indulge in a little more whimsy.

sy and creativity.

**ARIES** (March 21-April 19) A surprise comes to you toward midday that may have you considering a change of plans. Certain loose ends must be tied up, however.

**TAURUS** (April 20-May 20) Be willing to listen to others as they express their concerns about things you have been doing — or are planning to do.

**GEMINI** (May 21-June 20) Your big plans are heating up, and you may want to invite one or two trusted friends aboard to help you when things really get going.

**CANCER** (June 21-July 22) Don't leave things undone if you can help it. Leaving work unfinished is a great way to let the competition get the better of you.

**LEO** (July 23-Aug. 22) You can be proud of recent decisions as they begin to yield results. Someone close to you will provide the added support you need.

**VIRGO** (Aug. 23-Sept. 22) The routine you've established for yourself can be a source of comfort to you, but don't let it become a crutch of some kind.

## Today in History

**1536** William Tyndale, who translated the first English Bible, is executed for heresy in Vilvoorde, the Netherlands.

**1683** Thirteen families from Krefeld, Germany, arrive in present-day Philadelphia to begin Germantown, one of America's oldest settlements.

**1889** The Moulin Rouge in Paris opens its doors to the public



President Jimmy Carter receives Pope John Paul II at the White House in 1979.

ists while reviewing a military parade.

**2008** Wall Street joins in a worldwide cascade of despair over the financial crisis, driving the Dow Jones industrials to their biggest loss ever during a trading day. They close below 10,000 for the first time since 2004.

# lookout people



## ORDERS

## 'Would You Like a Reverse Mullet With That?'

**KATE GOSSELIN**, appearing on the "Today" show Monday, told Meredith Vieira that her estranged husband, Jon Gosselin, had left her no money in their shared bank account to pay the family's bills. "He took \$230,000 of the \$231,000, and I have a stack of bills in my purse that I can't drop in the mail," she said. Later on Monday, she told "The View": "I do know that no matter what, I know within myself that if I have to work at McDonald's, I will do what it takes to provide for my kids, period." (EXPRESS)

## TALENT

### Couple to Merge Award Collections

**PENELOPE CRUZ** and Javier Bardem, who have been dating since 2007, are engaged, the New York Daily News reported. "They tried to keep it very private and quiet," a source told USmagazine.com. Cruz's representative had no



Penelope is rumored to be engaged.

comment. The pair met on the set of the film "Jamon, Jamon" in 1992. (EXPRESS)

### expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM).

## Just Start It, We'll Help You Finish.

- Advanced Culinary Arts AAS
- Baking & Pastry AAS
- Hotel & Restaurant Management AAS
- Hospitality Management BA
- Career Placement Assistance
- Flexible Hours • Open Enrollment
- Concentrated Personalized Study

Our program of Culinary Arts and Hospitality is recognized as one of the nation's best!

**Stratford**  
UNIVERSITY



**stratford.edu**

Falls Church Campus at Tysons Corner / 1.800.444.0804 ■ Woodbridge Campus at Potomac Mills / 1.888.546.1250

## COURTS

### Incriminating Videotape Screened For Travolta Trial Jurors

A jury on Monday watched a hidden-camera videotape of negotiations between a lawyer for **JOHN TRAVOLTA** and a former Bahamas senator accused of trying to blackmail the star. The tape shows politician Pleasant Bridgewater telling Travolta's lawyer that a paramedic



who treated the actor's son wants at least \$20 million as payment to not release a private document related to the death of Travolta's son, Jett. Prosecutors say the two defendants agreed to accept \$10 million in installments over a four-year period before they were arrested. Bridgewater and ambulance driver Tarino Lightbourne have pleaded not guilty to extortion. (AP)

## MONEY

### Someone's Accountant Is Being Fired as We Write

**METHOD MAN** has been arrested in New York City on felony charges for failing to pay his taxes. The rapper turned himself in Monday. Authorities say he failed to pay nearly \$33,000 in taxes from 2004 to 2007. He is being charged with repeated failure to file a return and failure to pay taxes, and could face up to four years in prison. (AP)



Method Man mulls what went wrong.

## POSTHUMOUS

### DJ AM's Drug Show to Air

**DJ AM**'s MTV series on drug addiction, "Gone Too Far," will begin airing this month, People.com reported. DJ AM, aka Adam Goldstein, died in August of an accidental drug overdose. His family said in a statement: "The decision to air the show has been difficult, but we do this with the profound belief that it will inspire others to seek help." (EXPRESS)



# puzzles lookout

## CROSSWORD | HEAD COUNT

**ACROSS**

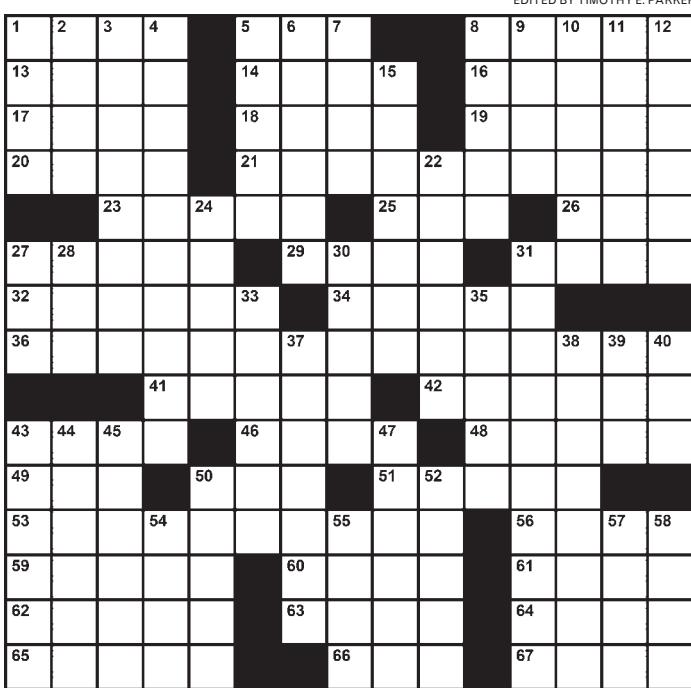
1 Hot-roller evidence  
5 \_\_\_ out (barely make)  
8 Muslim teachers  
13 Decorative toiletry case  
14 Bryn \_\_\_ (Pennsylvania college)  
16 Got the pilot light working again  
17 Genie's home  
18 Canadian tribe  
19 Common sprain site  
20 "\_\_\_ Old House"  
21 Natural disaster  
23 Big Apple NL player  
25 "Bali \_\_\_" ("South Pacific" song)  
26 Wasn't a follower  
27 Steinway product  
29 Abu Dhabi dignitary  
31 Auction entries  
32 Sacred places  
34 Words often separated by a slash  
36 Place for an extra  
41 "Dallas" matriarch  
Miss \_\_\_  
42 Applies with a needle and thread  
43 Deck component  
46 Language of Pakistan  
48 Second-largest lake in Europe  
49 Arson aftermath  
50 Communication for the hearing-impaired (Abbr.)

**DOWN**

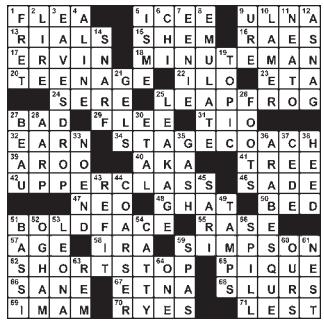
1 Irishman or Welshman, e.g.  
2 Salt Lake state  
3 Cud-chewing mammal  
4 Performed like Milli Vanilli  
5 Awards night host  
6 Activity with chops and kicks  
7 Bedside water pitcher  
8 Baghdad citizen  
9 Cafeteria list  
10 Acid neutralizer  
11 Did a farm chore  
12 Knights' chargers  
15 Consider again  
22 Gogol has two  
24 Expedia suggestion  
27 Abbreviation on

tires in Greece?  
28 Bond author  
Fleming  
30 Used a self-defense spray  
31 Betty Crocker product  
33 Visibly embarrassed  
35 Three-part cookies  
37 American or Delta  
38 Web site ID  
39 December drink  
40 Forensic material

51 Negative response to a sergeant  
53 Prized South American rodent  
56 "Benz" and "butyl" enders  
59 Sword sharpener  
60 Tidy  
61 "... and hold the \_\_\_" (deli order)  
62 Irregular, as leaf edges  
63 To \_\_\_ his own  
64 "... \_\_\_ a man with seven wives"  
65 Classroom anxiety producers  
66 "For \_\_\_ a jolly good fellow..."  
67 Gen-\_\_\_ (post-boom babies)



## Yesterday's Solution



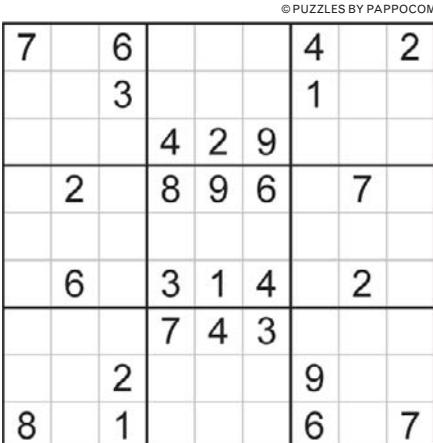
## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

## Yesterday's Solution



# Are You Anxious?

Do you generally experience more tension, nervousness, or anxiety than your friends or family?

If so, you may be interested in participating in research studies involving:

- Thorough mental health assessment
- Brain imaging
- Emotional response tests
- Computer-based tasks
- 3-4 outpatient visits at the NIH Clinical Center

Participants must:

- Be between 18-50 years of age, and medically healthy.

**Financial compensation is available for participation.**

For more information call:

**1-888-644-2694 | 1-888-NIH-ANXI**

(TTY: 1-866-411-1010)

NIH Clinical Center is in Bethesda, MD

<http://patientinfo.nih.nih.gov>

Protocol: 03-M-0185

**National Institute of Mental Health**  
National Institutes of Health, Department of Health & Human Services  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov)



**Volkswagen® Beetle Convertible RAFFLE**



"...unique and inexpensive to own."

—Car and Driver Magazine

Maximize your driving pleasure with a chance to win a fun and unique vehicle that's easy on the wallet and the eyes. Or choose the prize cash option of \$28,050!

Take a chance at \$75 a ticket or \$130 for 2 tickets.

With odds of 1 in 2500, your chances have never been better!

[www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)

Rules and regulations available online.

**WeekendPass makes the weekend perform.**

Every Thursday in Express.

**express**

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | WEB SITE EDITOR—GREG BARBER  
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—HOLLY J. MORRIS, MATT SWENSON | ARTS EDITOR—ARION BERGER  
FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT | EDITORIAL DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY  
CERTIFIED AUDITED  
**CAC**  
by Circulations

BETSY LOWTHER, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY  
PUBLISHED BY EXPRESS PUBLICATIONS LLC | 1150 15TH ST NW, WASHINGTON, DC 20071 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY  
TEL: 202-334-6800 | FAX: 202-334-9777 | CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200

## AbilityOne Works for You



The dedicated people who bring you SKILCRAFT® and other products and services produced through the AbilityOne Program appreciate your business



## OCTOBER IS NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

The more than 40,000 people in the AbilityOne Program are proud to support our Government Agencies and Armed Forces by supplying quality products and services and operating Base Supply Centers nationwide.

The AbilityOne Program is the largest source of employment opportunities for people who are blind or have other severe disabilities.



**Created with pride by Americans who are Blind or have other Severe Disabilities™**

For more information about SKILCRAFT or the AbilityOne Program: 1-800-433-2304  
[www.NIB.org](http://www.NIB.org) • [www.AbilityOne.gov](http://www.AbilityOne.gov) • [www.AbilityOne.org](http://www.AbilityOne.org)